

## What to Bring List:

**Preparation for:**                    **Ballyhass, Coachford, Tuesday 26<sup>th</sup> May 2022**  
(1 x water based, 1 x land based, 2 x height-based activities)

1. All participants will need to have an online smart waiver completed for them by a parent/guardian. Please follow the instructions below to complete the waiver form:

- Visit [ballyhass.ie](http://ballyhass.ie)
- Select "Help Desk"
- Select Smart Waiver
- Insert reference: 131766
- Complete participant's details and sign

2. What to bring:

- Packed lunch **or** lunch money for pizza (€5 – pre-ordered)
- Swimsuit
- Towel
- Old runners or wet shoes
- **Waterproof Sunscreen**
- Large Plastic Bag for wet clothes
- Warm outdoor clothes
- Hat & gloves
- Personal medication as cited on medical forms (antihistamines)
- Water bottle
- There will be a tuck shop available onsite so some small-change.

**Preparation for:**                    **Surfing in Lahinch, Wednesday 25<sup>th</sup> May 2022**

1. For Surfing:

- Lunch money
- Towel
- Swimsuit
- Old runners/wet shoes
- Swimsuit
- **Waterproof Sunscreen**
- Warm clothes, jacket
- Water
- Large plastic bag for wet clothes
- Personal medication as cited on medical forms

2. For Cliff of Moher and Ailwee Caves

- Be prepared for cold, rain and wind – jacket, hat, dress in layers to keep warm  
jacket – you may well be cold at the Cliffs of Moher

Preparation for: Trail biking and Hiking, Ballyhoura, Thursday 26<sup>th</sup> May 2022

1. Hiking:

- Windproof and waterproof jacket
- Sturdy walking shoes – runners with good grips on base will suffice
- Walking socks (and change of socks)
- Water, snacks and lunch
- **Blister plasters**
- **Sunblock**
- Personal medication as cited on medical forms
- Antihistamines
- Support bandage (as packed for the Gaisce trip)

2. Mountain Biking:

- As above
- Wear leggings