

LCF: Transition Year Adventure Trip – Carlingford 2022

Essential Packing List:

- **Medications as mentioned on your medical form.**
- Snacks, Water bottle
- Activity Clothing – old, long-sleeved tee-shirts (*three days' worth*)
- Toiletries, personal items
- Clothes for indoor evening wear
- Sturdy shoes and Flip flops
- Swimming Trunks
- Old runners you don't mind being ruined
- 2 Bath towels, 1 hand towel
- Flip flops
- Sunglasses, sun cream
- **Insect Repellent**
- 2 Large Plastic Bag – to carry home your wet dirty gear.
- Disposable Camera – waterproof! - Don't forget a **Day Bag**

What to Bring..... You will be camping either the first or second night!

- Pillow, Sleeping Bag/Duvet, Torch
- Outdoor activities continue even in bad weather conditions – **BRING WARM AND WATERPROOF CLOTHING**
- You need long trousers/tracksuits and long-sleeved tops
- Recommend layering of tops rather than one heavy item
- Waterproof Jacket, hat, gloves, scarf
- Clothing and shoes worn during Adventure Activities **WILL** get very dirty and wet. Recommend that you bring old comfortable clothing and trainers suitable for wet weather.
- Bring plenty of socks, undergarments, PJs.
- Bring trousers – **NOT JEANS** – they get wet, heavy and cold
- All clothing should have **YOUR NAME ON IT**
- Snacks
- Musical Instrument, singing voices – prepared party pieces
- Pack of cards or board games
- A Happy disposition, a willingness to try everything, and **amazing attitude required**

What Not to Bring.....

- Expensive equipment – jewelry, cameras, iPod, no second phone!!! etc.
- No expensive clothing – no uggs!!!

Last Point: Your phone is not a human friend – remember you're here to make new friends

Double check the above LCF list with Carlingford's list:



USEFUL INFORMATION & DIRECTIONS

What To Bring!

- ✓ T-shirts
- ✓ Tracksuit Tops
- ✓ Bottoms & Socks - At Least One Change Per Day (Jeans Are Not Suitable)
- ✓ Swimsuit; 2 Pairs Of Runners (One Old Pair For Water Sports)
- ✓ Torch (Winter Only)
- ✓ Rain Jacket
- ✓ Personal Toiletries & Towels
- ✓ Sunscreen
- ✓ 2 Plastic Bags For Storage Of Wet Gear
- ✓ A Refillable Water Bottle.
- ✓ Gaisce / Orienteering - Trousers, Walking Boots & Small Rucksack.

All residential clients please bring sleeping bag & pillow. Sleeping packs provided at €5.00 per pack if required. *MUST BE PRE-BOOKED *****

Valuables

- **Lockers are provided free of charge for cameras, wallets, mobile phones etc.**
- Please arrange at Reception. Group Leaders are responsible for Locker access.
- Carlingford cannot accept any responsibility for missing or damaged property.

The price of your Adventure Break includes all pre-booked meals, accommodation and activity sessions. TOWELS are not provided. **Note:** Wetsuits, Buoyancy aids & Helmets are provided for water-based activities)

Rules & Regulations of the Centre

- Appropriate clothing and footwear should be worn.
- Absolutely no jewellery to be worn when on session.
- When out on adventure sessions- please keep to roads, paths and tracks at all times.
- Respect the environment; look after plants and animals.
- Listen to what your Instructors say and follow their instructions at all times - it is for your own safety.
- Behaviour should not be excessive, noisy or disruptive especially at night.
- Smoking, alcohol or unlawful substances are not permitted in the Centre.
- Fire extinguishers and other safety equipment are essential safety items and must only be activated in an emergency or in the event of fire. €20.00 p.p. per room- is charged for tampering with fire alarm system/ smoke detectors.
- Please use the Centre and its contents with care.