



## WHAT TO BRING - DAILY ACTIVITY

We recommend you bring with you the following items of clothing and equipment to help make your day trip with us as comfortable as possible. The weather on the west coast proves to be completely unpredictable so be prepared for everything from hail to blazing sun

### **Old warm clothing**

When on activities avoid wearing denim. Tracksuits, fleeces, combats are best. Some of the activities, particularly the Killary Challenge and the Turf Challenge, can be quite mucky so make sure that they are old clothes. Layers work best so a couple of fleeces or similar.

### **Rain jacket & trousers**

We strongly recommend you beg, borrow or steal (not really!) some rain gear for your trip. It does not have to be expensive. Many shops sell plastic macs from as little as 10.00 Euro. It is essential that you have at least a rain jacket with you.

### **Woolly hat, gloves and warm socks**

For the cold weather and because all of our activities are outdoors

### **Footwear**

Ideally if you have a pair of runners and/or walking boots it would be great. Ideally you need 2 pairs. One dry /one wet. For all of the water based activities you need a pair of shoes that can get wet and mucky. An old pair of trainers is ideal. NO crocs or flip flops for activities.

### **Travel Home**

A complete change of clothes and spare shoes for travelling home in.

### **Swimsuit**

We provide the wetsuits for your water activities and the turf challenge. It is normal to wear a swimsuit under your wetsuit. If you have a nylon thermal top, you could wear it under your wetsuit also but this is not essential.

### **Towels**

We do not supply towels. You cannot have too many towels with you on an activity holiday. After water activities you shower to get out of the wetsuits, so you need a towel for the showers.

### **Old clothes**

Very old clothes that you don't mind getting completely mucky and dirty if doing the Killary Challenge or Turf Challenge.

### **Plastic bags**

Please bring plastic bags with you. By the end of your stay you may have quite a lot of wet clothes you will not want to put into your luggage.

## **ADDITIONAL FOR SUMMER**

### **Insect Repellent**

Insect repellent is essential. It is needed to keep away the annoying midges during the months of April to October. They will try to drive you insane otherwise!

### **Extras for summer**

Sunscreen, shorts, t-shirts for the summer months in case the sun comes out!

## **ESSENTIAL INFORMATION**

### **Valuables and lost property**

Killary recommend that you do not take any valuables e.g. phones, iPod, etc. to Killary Adventure Co. If you do decide to bring them to Killary we are sorry but Killary will not accept any responsibility for them. All valuables can be handed in to reception for safe keeping, but if they are left in changing rooms or bags and go missing we are not responsible.

For children under 14 it is advisable that they have a list of all personal items they bring with them to the centre, so they can check them off on departure.

### **Lost property**

We do not return lost property so make sure when leaving the centre that you bring everything with you. We have recycling bins for the clothing that is left behind at the centre. Clothes and shoes are put in every day, so make sure you bring all your items with you when you leave the activity site and changing rooms.

### **Water sports**

Wetsuits, buoyancy aids and helmets are provided for all water sports. You need to have your own footwear that can get wet. Something like old trainers are ideal.

### **Mobile phones**

Only mobile phones on the 087 and Three network will work in the Leenane area.

### **Showers and changing facilities**

There are extra changing and shower facilities at both the accommodation centre and at the activity site. You need your own towel and toiletries.

## **PERSONAL RESPONSIBILITY**

- Participants/Parent must accept the inherent risks of the proposed recreational and leisure activity provided by Killary Adventure Company (further as KACo) and the possibility of personal injury or property damage or loss resulting there from.
- Outdoor and adrenaline sports and activities facilitated by the KACo are subject to strict safety procedures and protocols and whilst here we expect participants to adhere to these.
- However interaction with the natural environment contains inherent risks and dangers including personal injury & illness. KACo accepts no liability for incidents involving the natural environment over which we have no control.
- All participants must follow the directives of KACo and its management and staff at all times. Participants agree to fully compensate KACo for damage and/or loss to the property of KACo where such damage or loss is attributable to their own careless or intentional actions.