

Carlingford 2019

Departure: 15th of October @ 7:00am

Return: 17th of October @ 3:45

What to Bring!

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), Personal Toiletries & Towels, Sun Screen, 2 Plastic Bags for storage of wet gear If possible - Waterproof Jacket, Trousers, Walking Boots & Small Rucksack. (Note: Wetsuits, Buoyancy aids & Helmets are provided for water-based activities)

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.

TOWELS are not provided.

Rules & Regulations of the Centre

- Appropriate clothing and footwear should be worn. (See list above)
- 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.
- 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.
- Bedrooms should be left clean and tidy on day of departure.
- We reserve the right to charge you for any extra cleaning, maintenance, missing or damaged items.
- On Day of Departure please vacate bedrooms before 10.00am. Baggage rooms are available to store your luggage.
- Carlingford Adventure Centre cannot accept liability for any damaged or missing items.

PARTICIPANTS UNDER 18: if they wish to visit the local shops they must be accompanied by a group leader / staff member.