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"Shannon River Adventure"

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## Expedition Personal Kit List – Bronze Gaisce

### Clothing

We recommend three full changes of clothing for the duration of the expedition plus clothes for wearing home. Extras should include woolly hat, gloves, swim wear and towel, spare socks and spare underwear. Avoid denim or cotton - old combats, tracksuit bottoms or leggings are ideal. Bring extra fleece tops and tracksuit bottoms for warmth at night.

### Food

You will need to pack a snack and lunch for the first day. We recommend that you also pack some extra drinks and healthy snacks. We Provide:

**DAY 1:** Hot afternoon snack, Main evening meal

**DAY 2:** Breakfast (Sausages & Rashers, Bread, Cereals and Juice), Lunch (walking option)  
(We have a Tuck Shop at the centre)

### Checklist

|                                       |                          |                                                          |                          |
|---------------------------------------|--------------------------|----------------------------------------------------------|--------------------------|
| Sleeping Bag                          | <input type="checkbox"/> | Spare old runners – they will get wet & dirty            | <input type="checkbox"/> |
| Torch                                 | <input type="checkbox"/> | Insect Repellent & Sunscreen                             | <input type="checkbox"/> |
| Rain Jacket                           | <input type="checkbox"/> | Required Medication (inhaler etc.)                       | <input type="checkbox"/> |
| 3 Changes of Clothes                  | <input type="checkbox"/> | Small Camera (optional) *no phones permitted – see below | <input type="checkbox"/> |
| Towel & Toiletries (incl. Baby Wipes) | <input type="checkbox"/> | 4 X Bin Liners NB*                                       | <input type="checkbox"/> |

*\*Bin liners are required for packing belongings for island trip and for transporting wet clothes.*

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**Tents are pre-erected on the island. Sleeping mats are provided. Participants will be advised if extra bedding is required due to impending cool weather conditions.**

Mobile phones, ipods etc are not permitted by students for the duration of the trip. These will be taken on arrival and stored safely at the centre. This is primarily to encourage group bonding, without distraction, during the trip, particularly on the island.

**Alcohol is not permitted on the trip. Any student found carrying alcohol with them will be sent home.**

*\*We will have a basic first-aid kit available including bandages, plasters etc. Our instructors are First Aid trained. However, for health and safety reasons we are unable to administer medication, including medicated cream. If you are required to take any medication(s), please ensure to bring them and that your teacher/accompanying adult is aware.*

***Don't hesitate to contact us if you would like any further information***