



Drumminmore, Rooskey, Co.Roscommon N41 X902

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 "Shannon River Adventure"

Teenage Camp - Camping Kit List

Clothing

We recommend one full changes of clothing, towel, spare socks and spare underwear for the overnight. 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 Thursday. **We provide:** Afternoon snack (before leaving for the island), Main meal, breakfast (cooked and cereal) and marshmallows are included in the price.

We recommend that you also pack some extra drinks and healthy snacks.

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"/>

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 participants for the duration of the trip. These will be taken before departure and stored safely at the centre. This is primarily to encourage group bonding, without distraction, during the trip.

Alcohol is not permitted on the trip. Any participant 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