



WHAT TO BRING ON YOUR KILLARY ADVENTURE

Please read this very carefully. We recommend you bring with you the following items of clothing and equipment to help make your stay or day trip with us as comfortable as possible.

The weather on the west coast of Ireland proves to be very unpredictable so for anyone doing activities, you have to be prepared for everything from hail to blazing sun no matter what time of the year!

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.

Evening time wear

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

Swimsuit

We provide the wetsuits for your water activities. It is normal to wear a swimsuit under you 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.

T: +353 (0)95 43411
ADVENTURE@KILLARY.COM

KILLARY ADVENTURE CO,
LEENANE, CO. GALWAY

WWW.KILLARYADVENTURE.COM

**KILLARY
ADVENTURE CO**

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 children do not take any valuables e.g. phones, iPod, etc with them to Killary Adventure Co. If children do decide to bring them to Killary we are sorry but Killary will not accept any responsibility for them.

The leader/teacher with the children can collect all valuables to ensure their security, and place them in a container which we will provide. For residential groups we then ask that the teacher/leader lock the container in their room or in our safe. For non-residential groups we will place the container in a safe place for them. Teachers however then assume the role of ensuring each individual student receives their valuables back in order.

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.

Bed linen

All bed linen is provided but you do need to bring towels.

Drying facilities

We have a large drying room for raingear & boots.

Mobile phones

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

Toiletries

Toiletries are not available for sale at Killary but a limited range can be purchased in Leenane (5km). The nearest chemist shop is in Clifden or Westport (approx.30mins).

Showers and changing facilities

There are extra changing and shower facilities at both the accommodation centre and at the activity site.

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.

T: +353 (0)95 43411
ADVENTURE@KILLARY.COM

KILLARY ADVENTURE CO,
LEENANE, CO. GALWAY

WWW.KILLARYADVENTURE.COM