

## Adventure Camp Information Pack

Adventure weeks are five-day residential courses for 14 to 17 yr. olds. Course fees include accommodation, full board & 24 hr supervision by experienced & professional staff. Course commences 10am on Mon & finishes at 2pm on Friday.

### Sample Programme:

<b>Mon</b>	10am	Arrival & Welcome/ Ice Breakers Games
	2pm	Kayaking
	Eve	Orienteering
<b>Tue</b>	9.30am	Full Day Canoe/ Kayak Trip
	Eve	Rockwall Climbing
<b>Wed</b>	9.30am	Depart for Mountain Camping Trip
<b>Thur</b>	5.00pm	Return from overnight camp
<b>Fri</b>	9.30am	Riverwalk
	2.00pm	Camp Finishes

### Adventure Camp - What to bring list:

- ❖ Sleeping bag (NB)
- ❖ **5 complete change of clothes** to include socks, underwear, trousers, jumper/fleece, t shirt, a warm jacket
- ❖ Even though it is summer we ask that you still bring a woollen hat , Rain Jacket /Leggings & Gloves
- ❖ **Strong Footwear** for Hillwalking & Orienteering , at least 2 additional pairs of runners, one of these you will wear in the water, one to keep dry for indoors
- ❖ **Energy snacks** to keep you going during the week and for overnight Bivvi
- ❖ **Plastic bags** \*3 to keep spare clothes dry in your rucksack for Bivvi & one to carry any wet clothes home, small plastic bag for lunch etc
- ❖ **Torch** & batteries
- ❖ **No valuables** e.g. Phones, Mp3's etc.
- ❖ Small amount of money for shop stops
- ❖ **Extra pair** of shorts, socks, and t –shirt to wear under wetsuit.
- ❖ **2 Towels** + a swim suit
- ❖ Extra jumper for sleeping outdoors
- ❖ Toiletries
- ❖ Pack of cards
- ❖ If you play a musical instrument bring it along for sing song by the camp fire

### Safety & Standards:

**Kilfinane OEC is administered by County Limerick VEC and approved by the Department of Education & Science. All activities are run in accordance with National Governing Body guidelines.**