



Outdoor Education
& Training Centre
Kilfinane

School & Youth Multi-Activity Days 'What to bring'

GENERAL

- Drinks and refillable bottle
- Snacks/ pack lunch if required
- Medications e.g. inhalers
- Suncream
- Bag for wet/ dirty clothes
- Spare clothing



LAND ACTIVITIES

- Tracksuits/ leggings (No jeans or denims on activities)
- T-shirt and long sleeve top (clothes that cover waist area are needed for climbing harnesses)
- Old runners
- Rainjacket & rain leggings
- Hat/ gloves



WATER ACTIVITIES

- Swimwear or shorts to wear under wetsuit
- T shirt or rash vest
- Old pair of runners to wear in the water (sliders, crocs or light neoprene slippers are not suitable)
- Towel

