



# Information for School & Youth Trips

## Welcome to Killary Adventure!

Killary Adventure Centre is one of Ireland's top outdoor adventure centres, located on the scenic Killary Fjord in Connemara. We offer a range of outdoor activities designed to challenge and encourage teamwork, resilience, and personal growth. Our school & youth trips focus on providing a fun and safe environment for young people to develop new skills and have memorable experiences.

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!

To make sure you are fully prepared, we suggest the following list of essentials to bring with you. Please read this very carefully.

## 01 Packing List

Here's a handy packing list to ensure they are fully prepared for their adventure:

### 1. Old, Warm Clothes

Outdoor activities can be muddy, especially during the Killary Challenge or Turf Challenge. Pack layers like tracksuits and fleeces suitable for wet and dry conditions. **Avoid denim** as it is uncomfortable when wet.

### 2. Footwear

They will need two pairs of shoes:

- One pair for dry activities and walking (runners or hiking boots).
- One pair for wet activities, such as kayaking (old trainers are ideal). *Note: Crocs or flip-flops are not suitable.*

### 3. Rain Jacket and Trousers

The Irish weather is unpredictable, and they will be outside in all conditions. A waterproof rain jacket is essential to keep them dry, along with waterproof trousers.

### 4. Woolly Hat, Gloves, and Warm Socks

Even in summer, the west of Ireland can be cold. Pack warm accessories, as all activities are outdoors.

### 5. Swimsuit

A swimsuit is to be worn under a wetsuit (provided by Killary). A nylon thermal top is optional for extra warmth.

## 6. **Towels**

At least two: one for showering after water activities and a backup.

## 7. **Plastic Bags**

Useful for separating wet/dirty clothes from clean ones.

## 8. **Evening Clothes**

A set of comfortable clothes for the evenings or the journey home.

## 9. **Insect Repellent (for Summer Trips)**

From April to October, midges can be an issue.

## 10. **Sunscreen (for Summer Trips)**

Just in case the sun decides to shine, sunscreen is a must!

## 11. **Medication** - please bring any regular medication needed.

## 12. **Sanitary products** - please ensure female students/youths have an adequate amount of sanitary products with them as there might not be any available at times.

02

## **What NOT to bring for the trip**

1. **Energy drinks** - Energy drinks (e.g., Red Bull, Monster) are not allowed.
2. **Aerosoles** - These set off our fire alarms, so please do not bring them
3. **Electronic devices and valuable** - Speakers, laptops, and tablets should be left at home

03

## **Mobile phone policy**

Our Mobile Phone Policy is designed **to give young people a much-needed break from technology.**

- **Phones/tablets are collected on arrival** and securely stored by our staff.
- Phones are returned for use **between 6:30 pm and 7:30 pm** every evening.
- After this, they will be collected and stored again before evening games sessions.
- **Phones are only allowed at activity sessions if they are used as a medical device or for other essential reasons** - this must be agreed upon in advance.
- **If necessary, they can use a phone at reception to contact home outside of phone hours.**

04

## **Dietary Requirements & Snacks**

### **Dietary requirements**

If they have specific dietary requirements, let us know when booking, and we will accommodate them for main meals. We also recommend that they bring their own snacks if they have specific dietary needs, as suitable snacks may not always be available.

### **Tuck Shop**

There is an ethical tuck shop on-site, stocked with fellow B Corp, low-sugar or Irish-made snacks.

The shop is only open after meals. They will need pocket money to spend here or they can use a Revolut card.

05

## Meals at Killary Adventure

We provide healthy, hearty food to fuel the daily adventure. All meals are freshly cooked on-site and served in our dining room overlooking Killary Fjord.

- **Breakfast:** A selection of cereals, toast, spreads, fresh fruit, tea/coffee, and juice.
- **Lunch:** Sandwiches (self-prepared) with a variety of meats, soup, salads, homemade flapjacks, and fruit.
- **Dinner:** A hot main course with a salad bar and homemade dessert.
  - *Vegetarian & vegan options available upon request.*

⚠ Food availability may vary depending on stock, but we strive to provide fresh, nutritious meals.

06

## Medical Information & Policies

We have certain policies in place for medical conditions to ensure the safety of all participants.

- Some medical conditions require a doctor's note.
- If a medical note is not provided, they may not be able to participate in certain activities.
- Conditions requiring special attention include but are not limited to:
  - Epilepsy
  - Any heart conditions
  - Recent surgery or injuries requiring hospitalisation
  - Diabetes

⚠ **Please return the medical form promptly** so we can advise if additional information is needed.

07

## Other important information

- **Lost Property:** Please make sure they have all their belongings before leaving the centre, as we do not return lost items. Labeling clothes and gear is a good idea to prevent mix-ups.
- **Accommodation:** All bed linen is provided at the centre. However, students will need to bring their own toiletries and towels. There are drying facilities available for wet clothes and gear, so don't worry about the weather!

We offer 24-hour supervision as part of all of our school & youth group packages. However, we require at least one teacher to be contactable and on/close to the Killary site at all times.

We require **the activity, medical, dietary and rooming list** back from you at least **14 days prior to your arrival**.

**We look forward to welcoming your group for an unforgettable adventure at Killary Adventure!**

**KILLARY  
ADVENTURE CO** 

**KILLARY ADVENTURE CO, LEENANE, CO. GALWAY**  
TEL: 095 43411 EMAIL: [adventure@killary.com](mailto:adventure@killary.com)