

*Make sure the clothes you bring are old clothes, as many of the activities involve getting wet and mucky. The Donegal Adventure Centre does not accept responsibility for any lost or damaged property, we also advise not to bring any unnecessary items that could get lost or damaged such as tablets as we do not except responsibility for these either!  
For Gaisce Trips you will be provided with a Gaisce Specific Packing List*

### **What to bring :**

 **Tick as you pack !**

 **2 Pair of runners (1 old pair that will get wet & mucky)**

 **Underwear & socks**

 **T-shirts**

 **Jumpers/Hoodies/Fleece**

 **Tracksuit bottoms for activities**

 **Pyjamas**

 **Hat & gloves**

 **Rain jacket**

 **Toiletries, towels & swim wear**

 **Prescribed Medication (where required)**

 **Plastic bags (for bringing home dirty & wet gear)**

 **Snacks etc allowed , but we DO NOT Allow energy drinks such as Red Bull etc**

**You will be outdoors no matter what the weather , so make sure to bring a warm waterproof jacket. If you have waterproofs and hiking shoes etc feel free to bring them but do not get them especially for this trip. If you are doing an activity where you are told you will get dirty - trust us you will. Old T-shirts and tracksuits are better to bring rather than jeans and designer shoes. Put your name on everything you want to bring home with you , it can be hard to tell one black tshirt from another. You are here to have a great adventure and will be too busy laughing to remember that you can't get your new jeans dirty .**

**To find out more why not check out**

**Web site : [www.donegaladventurecentre.net](http://www.donegaladventurecentre.net)**

**Email us: [info@donegalaventurecentre.net](mailto:info@donegalaventurecentre.net)**

**Facebook : [www.facebook.com/dacsurf](http://www.facebook.com/dacsurf)**

**Follow us on twitter or instagram: [@dacsurf](https://www.instagram.com/dacsurf)**

**Or phone us on : [071 98 42418](tel:0719842418) (+ [353 71 98 42418](tel:353719842418) from NI / UK)**

