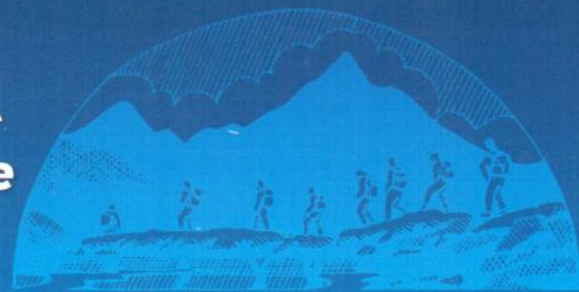


CAPPANALEA

Outdoor Education & Training Centre



RULES & REGULATIONS

1. In the interest of safety and orderly behaviour users of Cappanalea OETC are requested to comply the staff at the Centre, Instructors, Teachers, and Leaders at all times during your stay.
2. No one is to go on activities or take equipment without the consent of Centre staff.
3. All users of Cappanalea OETC are requested to respect other users and those related to the Centre and neighbourhood, with regards to their rights, their space and their freedom.
4. All users of Cappanalea OETC are requested to respect the Country Code and follow the Leave No Trace Principles.
5. All users of Cappanalea OETC are requested to respect the property and equipment of the Centre, the neighbourhood and that of other persons in the Centre.
6. All users of Cappanalea OETC must obey the laws of the state, particularly in relation to minors and alcohol and other illegal substances.

RECOMMENDED LIST OF EQUIPMENT

The following is an advisory list of personal equipment, which we think you should bring with you to Cappanalea, to face the various weather conditions in comfort and safety. In conjunction to the specialised equipment provided by Cappanalea there is also a limited supply of rain gear/Wellington boots. Usually it is not necessary to buy items of outdoor gear prior to your visit. However, if you do choose to do so you may wish to contact your teacher or Centre staff for advice.

BASIC LIST

Clothing: Bottom half – no jeans. Tracksuit pants, exercise leggings or fleece leggings are ideal. Top half – base layers, skins or football jerseys are ideal if you have them to bring. Fleece or warm jumpers.

Footwear: If you have proper hiking boots or else wellington boots for land activities. Plus runners for non-outdoor activities around the building and old runners, water shoes or sandals (for water activities). These will get wet.

Socks: Long, a few pairs

Waterproofs: Jacket and pants.

Hat / Gloves:

Sleeping Bag: Applicable to those who are on overnight camps (duvets are provided for use in the centre).

Rucksack: Waterproof. Plastic bag for wet clothes

General: Assume outdoor clothing could get wet or muddy – so don't bring your best clothes, bring enough for your stay.

Accessories: A watch; torch and spare batteries; personal medication, swim gear, towel and toiletries. If camping bring a flask, sleeping bag and some extra large refuse sacks for keeping the gear dry.

If students wish to be contacted during their stay in Cappanalea the number is 066 976 9205



Cappanalea OETC, Caragh Lake, Killorglin, Co. Kerry
Tel: +353 (0)66 976 9244 • Fax: +353 (0)66 976 9266
Email: info@cappanalea.ie • Web: www.cappanalea.ie

Full Travel Directions available on our Web Site.
Grid Reference: 52.04694 N, 9.85256 W

