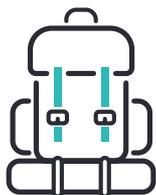


# WHAT TO BRING



1. FILL OUT YOUR ONLINE SMART WAIVER



2. PACK YOUR BAG AND GET PREPARED



3. ARRIVE ON TIME TO GET THE MOST OUT OF THE DAY



4. HAVE AN AWESOME OUTDOOR EXPERIENCE



## WHAT TO BRING CHECK LIST?



SWIMMING TOGS & TOWEL



PLASTIC BAG FOR WET GEAR



WET SHOES **OR** OLD SHOES



WARM OUTDOOR CLOTHING



DRINKS WITH REFILLABLE BOTTLE



DRINKS WITH REFILLABLE BOTTLE



HAT/GLOVES FOR COLDER MONTHS



WATER PROOF SUN BLOCK



## FAQ's

### WHAT ACTIVITIES WILL WE DO?

Each trip to Ballyhass is made up of Land, Water & Height based activities. Each group will get a fair mix of all depending on the numbers on site, on any given day.

### DO I HAVE TO BE ABLE TO SWIM?

No, but we would recommend a confidence in water. You will be wearing a life jacket. If you would be happy jumping off a dock into the water with a life jacket you are good to go!

### WILL I BE FORCED TO DO ANYTHING I DON'T WANT TO DO?

Absolutely not. All our activities are **instructor lead** and **challenge by choice**. You will be challenged by our instructors but it is YOUR call how much you complete

### ARE WE SAFE?

With instructor ratios of 1:6 on most activities you will not find a safer centre. We undergo rigorous training and safety checks daily, weekly, monthly & yearly.