**Final Reminders for the Gaisce Trip**

**Tuesday April 16th & Wednesday April 17th 2024**

* Bus is LEAVING at 9am – meet in the GPA after tutor time before making your way to the bus.
* Do not forget your medication. Report to me – Ms. Sheridan – if you are taking any medication on the trip before getting on the bus.
* Bring a **sleeping bag** and maybe an extra blanket none available at the centre but due to limited space **no pillows apart from camping pillows** (small ones) are permitted.
* Bring a morning snack and a packed lunch and drink for the 1st day of the trip.
* Bring pocket money for the tuck shop at Shannon River if you want to buy hot drinks and/or snacks for night time.
* Make sure to have a bottle of water as you need to stay hydrated for the long walk.
* Bring a rain jacket but also sunscreen as it may be a sunny day.
* Island facilities are primitive so bring some loo roll. Toilets, shower and changing facilities are at the centre before attending the island and when you return the following morning.
* Pack warm clothing etc. (as per the Personal Kit List) for the campsite as it will be cold at night.
* Make sure to bring all other requirements on the Personal Kit List and Checklist especially **bin liners** as they are needed by everyone to store your belongings on the way over to the island. A torch is also another essential as there is very little lighting on the island at night.
* STRICTLY NO aerosols/drugs/alcohol **as per your signed behaviour contract**.
* Bus will depart Shannon River at approximately 2pm on Wednesday and you will arrive back at school at 3.20pm in time for buses. There will be no stopping along the way as you will have been provided with lunch.
* Everyone will have school as normal on Thursday.
* **Put a label on your phone** as it will be stored safely for you when you are at Shannon River.
* Should home need to contact you the numbers for Shannon River Adventure Centre are;

0719638300/0872077559