



**Re: Gaisce Adventure Journey. Wednesday 24<sup>th</sup> & Thursday 25<sup>th</sup> May 2017**

Dear Parents/Guardians,

For your child to achieve their bronze Gaisce Award, they must complete a mandatory two-day adventure journey.

As a result, we have organised with the assistance of Inish Adventures in Moville, a two-day kayaking trip on the River Foyle on Wednesday 24<sup>th</sup> and Thursday 25<sup>th</sup> May. Your child will depart for Lifford from Carndonagh Community School after roll call at 9.05 am on Wednesday 24<sup>th</sup> May. They will return to the School at approximately 6.00 pm on Thursday 25<sup>th</sup> May.

The adventure journey will involve up to 30km of kayaking from Lifford to Derry on the River Foyle over the two days. Participants will also camp out overnight. **Please see the Gaisce Journey Equipment Checklist** below for all information on what your child needs.

Normal school rules apply on this trip. Students are expected to behave appropriately at all times in the interest of good discipline and health and safety. Students are allowed to bring their mobile phones with them. They are expected to use them in an appropriate manner. Failure to do so will result in the confiscation of their phone.

The total cost of the trip is € 60.00. This includes the cost for transport, course supervision, instruction and the provision of all kayaking & camping equipment.

**Please complete the permission form below and return it with the fee to Mr Mc Gee on Monday 22<sup>nd</sup> May from 11.00 to 11.20 in the Gym.**

Thank you for your help with this matter.

Mr. Niall Mc Gee. Gaisce President Award Leader (PAL). Ms Nabla Mc Geehan. TY Co-ordinator.

# Gaisce Adventure Journey Equipment Checklist

## General points

- 5 litres of drinking water
- Headlamp/flashlight
- Sunglasses/sunscreen/lip balm with sun protection
- Insect Repellent
- Rucksack/back pack
- Heavy duty plastic bags x 1 roll
- Small plastic bags x 1 roll
- Toiletries/toilet paper/hand sanitizer/baby wipes
- Sleeping Bag & pillow
- Basic First Aid Kit

## Cooking Items

- **Work in groups of 2-4 people to purchase/organise your food prior to the trip.**
- You need food for lunch on Wednesday, dinner and supper on Wednesday evening/night and for breakfast and lunch on Thursday.
- Hard plastic cups/plates
- Lighter
- Eating utensils (fork, knife, spoons)
- Washing up liquid
- Dish scrubber
- A water bottle

## Clothing

- Two changes of dry/warm clothing (long sleeve jumpers)
- Waterproof jacket and trousers
- Wool/fleece hat
- Gloves
- Change of footwear (old runners or better still, **wellies**. Your feet will stay dry!!)



Permission Form for TY Gaisce Award Adventure Journey - Wednesday 24<sup>th</sup>  
& Thursday 25<sup>th</sup> May 2017

I give permission to \_\_\_\_\_ (student's name) from class \_\_\_\_\_ to participate in the Gaisce Adventure Journey on the River Foyle on Wednesday 24<sup>th</sup> & Thursday 25<sup>th</sup> May 2017

**(Please give details of any health issues and/or medication that may impact on your child's participation).**

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Parent/Guardian signature: \_\_\_\_\_ Date \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_