

## PACKING CHECKLIST

Please read this Packing Checklist carefully. We recommend that your students bring the items of clothing and equipment listed below with them to help make their stay or day trip with us as enjoyable as possible. The weather on the west coast of Ireland can be very unpredictable, so adventurers need to be prepared for everything from hail to blazing sun, no matter what time of year!

**SENSE OF  
ADVENTURE  
IS ESSENTIAL**

### ✓ TICK AS YOU PACK

- ☐ **WATERPROOFS** (*essential!*)  
WATERPROOF JACKET AND TROUSERS ARE ESSENTIAL IF PARTICIPATING IN OUR GAISCE AWARD PROGRAMMES
- ☐ **WATERPROOF JACKET**
- ☐ **SLEEPING BAG AND PILLOW**
- ☐ **T-SHIRTS**
- ☐ **THERMAL TOPS**
- ☐ **JUMPERS/HOODIES**
- ☐ **FLEECE TOPS** (*at least 4 pairs*)
- ☐ **THICK AND THIN WALKING SOCKS** (*not jeans*)
- ☐ **SYNTHETIC TROUSERS FOR WALKING**
- ☐ **TROUSERS FOR EVENINGS** (*one old pair to get wet!*)
- ☐ **2 PAIRS OF SUITABLE SHOES** (*to get wet!*)  
HILLWALKING BOOTS - ESSENTIAL FOR GAISCE AWARD PARTICIPANTS
- ☐ **UNDERWEAR**
- ☐ **PYJAMES**
- ☐ **SHORTS**
- ☐ **HOT AND GLOVES**
- ☐ **TOWELS AND SWIMWEAR**
- ☐ **PLASTIC BAGS**
- ☐ **WATER BOTTLE**
- ☐ **TOILETRIES**
- ☐ **PRESCRIBED MEDICATION** (*where necessary*)
- ☐ **POCKET MONEY\***

### SOME FINAL TIPS AND TRICKS:

- It's a good idea to mark clothing and personal items clearly and put a complete list of items brought inside your child's suitcase or bag.
- We advise your child not to bring valuable items or expensive clothing with them. We cannot be held responsible for lost items.
- Wifi is only available in exceptional circumstances and we operate a phone policy here at Delphi.

Students won't need much in terms of digital gadgets as they will be kept busy from morning until night!

Most activities may involve getting wet at some point, so please make sure your child has plenty of spare, dry clothes to change into. Other useful items include sun cream, blister kit and most importantly for the summer months - insect repellent. Delphi is famous for its abundance of midges in the summer time!

\*Vending Machines accept coins only and our tuck shop accepts both card and cash. We advise kids don't rely on phones by card.

N.B. Aerosols are not permitted at Delphi Resort as they are harmful to the environment and can be dangerous for those suffering from conditions such as asthma.

## BOOKING INFORMATION

### TODAY

- Call or email us today! We can check our availability and immediately make a provisional booking for you
- We will post you Parent/guardian forms and relevant booking documentation
- We ask you to then review, sign and return the school booking forms by email or post
- Please pay the deposit as per the date requested on the pro forma invoice

### 6 WEEKS PRIOR TO ARRIVAL

**Numbers:** Please provide us with exact numbers of attending students and teachers, plus a breakdown of male and female attendees.

**Times:** Please provide us with your School Tour's time of arrival and departure.

**Meals:** Lunch on our standard packages is included on departure and not arrival. You can add an additional lunch to your package by contacting us at the resort or change lunch from departure to arrival but this must be arranged in advance with us.

**Payment:** We require payment of the full balance 6 weeks prior to arrival.

**Forms:** All parents/guardian forms should be collected by the organizer and any dietary or medical information provided to Delphi. We require a counter-signature of a parent or legal guardian of any child who is U18.

### 1 WEEK PRIOR TO ARRIVAL

**Groups:** Allocate student's rooms and activity groups and return the completed document to [schoolreservations@delphiresort.com](mailto:schoolreservations@delphiresort.com)

**Bed Linen:** Remind your group members that bed linen is not provided for dorm accommodation. We

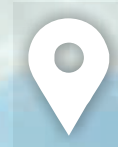
recommend they bring a sleeping bag or duvet and pillow. If you wish for Delphi Resort to provide linen for your group, please advise us in advance and we will arrange (additional cost of €10 per person). MUST BE PRE-BOOKED WITH DELPHI RESORT.

**Teachers:** Teachers wishing to avail of our spa facilities are advised to reserve both Thermal Suite access and treatments in advance to avoid disappointment.

### LIFE SKILLS

- **DEVELOPMENT** it's a chance to develop self-belief and discover the true feeling of freedom!
- **CHALLENGES** it's about meeting challenges head-on while exploring the unique landscape!
- **EXPERIENCE** it's to be part of the adventure and inspire through experiences!
- **LEARNING** it's about learning that they can, while creating memories that last a lifetime!

## HOW TO GET HERE



We are located on the Galway/Mayo border, halfway between Louisburgh and Leenane. Visitors to Delphi are continually awed by the truly magnificent scenery of the Delphi Valley. The setting is inspirational. Our location was carefully chosen to maximise the activities we offer in this beautiful environment.

Delphi Resort, Leenane, Connemara, Co. Galway, H91 DP08, Ireland

BE PART OF THE ADVENTURE | +353 (0)95 42208 | [info@delphiresort.com](mailto:info@delphiresort.com) | [www.delphiresort.com](http://www.delphiresort.com)



## SCHOOL & YOUTH GROUP TOURS





WE HAVE OVER 40 YEARS EXPERIENCE IN OUTDOOR EDUCATION

TOURS ARE LED BY OUR EXPERIENCED AND FRIENDLY INSTRUCTORS

OUR TOURS ARE TAILORED TO 8-17+ YEARS

## THIS IS MORE THAN A SCHOOL TOUR!

### BRING LEARNING TO LIFE

Every year, more than 250 schools choose Delphi Resort for their school tours. For over 40 years, we've been inspiring pupils to aim higher and achieve more through our activity programmes.

Located in the breathtaking Delphi Valley, the resort's stimulating environment helps to change perspectives and broaden the horizons of your pupils.

There's something exhilarating about being outdoors, and at Delphi Resort, our multi-activity programmes help build students' confidence, grow their self-belief and develop team spirit.

### TEACHERS/LEADERS STAY IN OUR 4 STAR HOTEL

Our twin and double rooms include tea and coffee making facilities and complimentary wifi and just a

60 second walk to the Wild Atlantic Hostel where your group will be hosted. Dine in the 814 Bar and Restaurant. Teachers enjoy a 4\* hotel breakfast each morning, two course evening meal and a hot lunch as part of their all inclusive package.

Relax and enjoy the hotel facilities by chilling in our lounge or book in for one of our teacher's specials in the spa where you are sure to leave feeling rejuvenated. 24 Hour supervision by our experienced Team so you can rest assured that your group are in good hands.

Free Bike Rental available through the adventure centre. If you are feeling adventurous we love to see teachers and Group Leaders get involved in our activities and so do the kids. Chat to the adventure team if you would like to join your students on activities.

## MULTI-ACTIVITY SCHOOL TOURS

Suitable for ages up to 17 years

Experience a fun-filled adventure,  
Build friendships and create lifelong memories.



Let your students loose for a few days at Ireland's leading adventure resort, where we'll get them zip-lining, climbing, kayaking, and more! With up to 20 activities on offer at Delphi - water and land based, - your students will experience the great outdoors like never

before, while making new friendships and lifelong memories. Give them a few days away and you could be looking at the next Bear Grylls champ!

- Multi-Activity School Tours are tailored to children and teens of up to 17 years
- School tours include a wide range of water and land activities, with an action packed agenda
- All inclusive price includes meals, full board, activities and 24 hour supervision

"Couldn't recommend Delphi Resort highly enough. There are a huge variety of activities for the students. All students are encouraged and challenged throughout the activities. Top class accommodation, facilities, and instructors"

Ciara Jo - Teacher

### ACTIVITIES

- KAYAKING • CANOEING
- ABSEILING • CLIMBING
- ZIP'N'TREK • ARCHERY
- BUSHCRAFT SURVIVAL
- RAFT BUILDING • ORIENTEERING
- TAG ARCHERY • 220m ZIPWIRE
- HIGH ROPES AND MUCH MORE...

Teachers stay and dine in the 4\* hotel. We offer a number of free teachers places and 24 hour supervision is provided by Delphi.

## GAISCE - THE PRESIDENT'S AWARD

Gaisce is an Irish award earned by young people, when they participate in several activities for a certain length of time. It is possible to earn a gold, silver or bronze Gaisce award and at Delphi Resort, we can arrange a specialised programme for students to work to achieve a silver or a bronze award.

'GAISCE' translates as 'achievement' and we can think of no better name for an award that encourages students to contribute to the local community and spend quality time outdoors



### EARN YOUR GAISCE AWARD AT DELPHI!

- The programme is specialised and must be arranged with Delphi before arrival.
- Gaisce programme candidates must complete each part of the programme before they can take part in other activities.
- We are happy to facilitate a camp-out for your group. This can be arranged with us in advance and may incur an additional fee.
- Delphi Resort can help students achieve silver or bronze award.

Minimum of 10 students needed to compete for the award.

### What do we need to bring?

- Comfortable hillwalking boots are essential
- Rain gear
- Small rucksack
- Standard kit-list - see packing checklist in this brochure.



### REQUIREMENTS

To achieve the bronze Gaisce award  
2 days and 1 night

Choose one of the following activities:



To achieve the silver Gaisce award  
3 days and 2 nights

Choose one of the following activities:



## A TYPICAL 2 DAY, 2 NIGHT TOUR!

Whether visiting for one day or an entire week, each day is packed with experiences to excite, inspire and build confidence, bringing a different dimension to the learning experience.

### SAMPLE TIMETABLE - A TYPICAL DAY WOULD LOOK LIKE THIS

7.45am	<b>WAKE UP CALL</b>
8.00-9.00am	<b>BREAKFAST - DAILY OPTIONS</b> Selection of Cereals, Toast, Sausages, Beans, Fruit Juices and Tea
9.30-1.00pm	<b>MORNING ACTIVITY E.G. KAYAKING</b>
1.00-2.00pm	<b>LUNCH - DAILY OPTIONS</b> Homemade Vegetable Soup, Fresh Crusty Roll (Filling options: Ham, Chicken, Cheese, Salad), Fruit and Mi-Wadi
2.00-5.00pm	<b>AFTERNOON ACTIVITY E.G. ARIEL TREK &amp; CLIMBING</b>
5.00-5.30pm	<b>BREAK</b>
5.30-6.30pm	<b>DINNER - SERVED IN ROTATION</b> Day 1: Chicken Curry served with Rice and Chips Day 2: Spaghetti Bolognese Day 3: Chicken Goujons, Chips and Salad Salad/Cold meat selection available each day.
7.00-9.00pm	<b>EVENING ACTIVITIES E.G. TALENT SHOW, CAMPFIRE, FOREST WALK, ENERGISING GAMES</b>
9.00-10.00pm	<b>BREAK &amp; SUPPER DESSERT / EVENING SUPPER</b> Day 1: Chocolate Chip Cookie Day 2: Jam Doughnut Day 3: Chocolate Muffin
10.00-10.30pm	<b>TO DORMS</b>

Safety is of paramount importance to us. All our instructors have completed Tusla's Children First programme. All our instructors are qualified in Outdoor First Aid Remote Emergency Care Level 3. CCTV is present throughout the common areas of the hostel building and many other public areas. From 9.30pm to 9.30am night guard supervision is present in the hostel, along with support of a night porter in the hotel. During mealtimes we provide supervision where food is served and additionally in the hostel building. We follow strict safety procedures following national governing bodies and equipment supplier ratios and operating standards. Two teachers or group leaders must be present on-site at all times and in a position to assist our team if a child in their group requires support for any reason (unruly behaviour, child safety issues, etc) or in the event they will need to act as loco parentis for a medical emergency.