



# Clothing & Equipment Checklist

Located in the stunning Castlewellaan Forest Park, on the edge of the Mourne Mountains, our centre's perfectly situated for a unique range of adventure activities... whether you wish to Go Further, See More or simply Feel Awesome!

We've carefully restored a beautiful Court Yard property to provide all the comfort and function required while retaining

the buildings unique character. Modern technologies have also enabled us to achieve a Carbon Neutral status, recognised by our 'Gold' Award from 'Green Tourism UK'. Our standards also ensure that you're always in safe hands, reinforced by our 'Adventure Mark' accreditation.

**Address:** The Grange Court Yard, The Forest Park, Castlewellaan, County Down, NI, BT31 9BU.

**Opening Hours:** To the Public 7 days per week/9am – 5pm with outside hours by prior arrangement.

The following is purely a guide as to what you may require



Trousers/Tracksuit  
Leggings/Shorts



Thermal Tops  
/T-Shirt



Warm Jacket  
/Fleece



Underwear



Socks



Footwear (sturdy  
boots/shoes)



Warm Hat



Gloves



Medication



Toiletries  
& Towels

If participating in water-based activities also bring:  
Swimming Costume/Shorts / Trainers

Always bring sufficient for poor weather – bearing in mind that the weather can change at any time of the year, summer included.  
Sun Cream / Sun Hat / Sun Glasses

Always consider the impact of the sun – bearing in mind that even on a dull day the sun's rays can still burn, especially near water or when at height.

And finally you might find these useful:  
Water Bottle / Snack Food / Insect Repellent / Polythene bags for dirty/wet laundry

We supply all safety equipment including waterproofs, wetsuits, buoyancy aids, helmets, harnesses etc as required for your activity - however if you've got your own equipment and wish to use it, please bring it along, and as long as it meets our standards, we're more than happy to facilitate.

Please note that some of the activities involve getting wet and dirty and you do need to bear this in mind when choosing clothing/equipment to bring - do not bring valuables.

[iwant@onegreatadventure.com](mailto:iwant@onegreatadventure.com) / [www.onegreatadventure.com](http://www.onegreatadventure.com)

We'll look forward to welcoming you. Here's to the Adventure! The Life Team

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