



Our goal at Delphi Resort is to provide your child with the holiday of a lifetime. We have been providing Adventure camps for children for over 35 years. Campers will get to experience an array of challenging and fun activities in what is one of the most beautiful adventure playgrounds in Ireland.

Safety is paramount to us at Delphi Resort. We provide 24-hour supervision by fully trained and qualified staff who have been Garda vetted. The following guide will answer most of your questions, but feel free to call us on +353 95 42208 or +353 95 42107 to answer any other queries you may have about your child's stay.

[DELPHI KIT BAG](#)

[WHAT DOES MY CHILD NEED TO BRING TO THE ADVENTURE CAMP?](#)

It is best to prepare your child for all kinds of weather, as there can often be four seasons in a day in this part of the country! There are drying facilities available but best to bring plenty of clothes, so they won't run out mid-week.

WE WOULD ADVISE YOU TO PACK THE FOLLOWING:

- **Sleeping bag, pillow and pillowcase** (Bed Linen can be arranged for an additional €10.00 per child)
- **Waterproof Jacket (Essential)**
- 7 Complete Changes of Clothes including clothes that can be easily layered
- Tracksuits
- Heavy socks (7 pairs minimum)
- One / Two pairs of old runners (One pair will get wet during kayak and bog activities)
- Swimming togs, shorts and an old sweatshirt
- Walking boots (not essential but great if they have them)
- Hat and gloves
- 4 Towels
- Basic Toiletries
- Suntan lotion
- Insect Repellent
- 750ml plastic water bottle to refill
- Pocket money in coins for vending machines for treats.
- Small backpack for excursions
- Pad lock: Each bed has been fitted with a lockable luggage storage so children can bring a large pad lock for these storage lockers if they would like to lock away their items as well.

It is best to mark all clothing and personal items clearly. It is also a good idea to stick a complete list of items brought to the inside of your child's suitcase / rucksacks. That way, our camp instructor can help your child when packing up to go home. Jeans are fine to wear for evenings but are not suitable for outdoor activities so generally we advise they do not pack these.

Also, we advise your child does not bring valuable items or expensive clothing with them. We cannot be held responsible for lost property. They won't need much in terms of expensive computer games etc. as they will be kept very busy from morning until night! It is also important to note, that there is very limited mobile phone coverage, but children are welcome to use our phone here to contact home. We try to keep this to a minimum in the first 48 hours to avoid children feeling homesick.

[WILL CHILDREN NEED POCKET MONEY DURING THE WEEK?](#)

Entertainment and three meals and snacks per day are all included in the camp fee. We do have a shop on site selling sweets / soft drinks / T-Shirts / basic toiletries. We recommend €40.00-€50.00, per week will cover each child if they wish to purchase a hoodie to bring home with them. If they wish to purchase a hoodie while here these cost €39.50. Our tuck shop accepts card and cash and we recommend coins for our vending machines.

[HOW DO I CONTACT MY CHILD DURING THE HOLIDAY?](#)

In the past we have found that children settle in better if they do not receive phone calls from home, particularly during the first two or three days. We also discourage children from phoning home for the same reason. We ask parents not to call on the first few evenings. Our Camp Instructor will be placing a high priority on getting to know your children at this time and will be making sure that everyone settles down quickly so that they can enjoy the week.

You can contact your child on **+353 95 42107**. We recommend that you can call daily between 8.30am-9.30am, 1.00pm-2.00pm and 6.00pm-7.00pm. Please note our activities time are between 9.30am-1.00pm, 2.00pm-5.30pm, 7.00pm-9.00pm. Your child will not be near a phone at these times.

For any additional reassurance, you can phone us and speak to the Camp Manager or to one of the management team on **+353 95 42107** from 8.30am-5.30pm. If you ring outside of these hours, please leave a message and we'll get back to you as soon as possible. You may also call our hotel on **+353 95 42208** 24 hours a day and speak to our front office staff who will be happy to assist you.

[PICK UP AND DROP OFF AT DELPHI RESORT?](#)

Children joining our camp all need to arrive between 5.00pm-7.00pm on the Sunday evening. This applies for both the 5 and 7 day camps. Kids will be checked in have their luggage placed in their room and meet with the other kids for evening games at 7.00pm on that evening. Please note a meal is not provided on the arrival evening but the kids will get a supper at 9.00pm that evening. Please see sample menu on next page.

Collection: On the final day of the camp kids must be collected between 10.00am-12.00 noon for departure. For those on our 5 day camp they can be collected between 1.00-2.00pm on the Friday.

WHAT DOES A TYPICAL DAY AT DELPHI LOOK LIKE?

8.00AM	BREAKFAST - Daily Options		
	Selection of Cereals, Toast, Sausages, Beans, Fruit Juices and Tea.		
9.30AM	CLIMBING		
11.00AM	ABSEILING		
1.00PM	LUNCH - Daily Options		
	Homemade Vegetable Soup, Fresh Crusty Roll (Filling options: Ham, Chicken, Cheese, Salad) Fruit and Mi-Wadi.		
2.00PM	KAYAKING		
6.00PM	DINNER - Served in rotation		
	DAY 1 Shepherds Pie, Salad and Potato Wedges OR Vegetable Stir-fry Salad / Cold Meat Selection also available	DAY 2 Chicken Curry, Boiled Rice and Skinny Fries OR Tomato Penne Pasta Salad / Cold Meat Selection also available	DAY 3 Beef Stew, Vegetables and Mash Potato OR Stir-fried Veg with Egg Noodles Salad / Cold Meat Selection also available
	ENERGISING GAMES		
	SUPPER - Dessert / Evening Supper		
7.00PM	DAY 1 Chocolate Chip Cookie	DAY 2 Jam Doughnut	DAY 3 Chocolate Muffin
9.00PM			

WHAT KIND OF MEDICAL CARE IS PROVIDED?

The welfare of children who visit the Delphi is our paramount consideration and we pride ourselves on our Duty of Care to children. Our instructors have all undertaken first aid training. If your child has special needs or a serious medical condition / allergy that we should know about, please feel free to call us in advance of the child's visit to discuss **+353 95 42107**.

We also have a strict anti-bullying policy in Delphi and on the first evening of every new week, Camp Instructors hold an anti-bullying workshop to outline our policies. We encourage an atmosphere of friendliness and mutual respect amongst all the participants.

As we learn to live with covid 19 we are asking that a parent / guardian is available in Ireland or can access the country at short notice in the event a child was to contract covid 19 and needed medical attention.

All of our instructors have been Garda vetted and have completed the Irish Sports Council Code of Ethics in Children's sports.

WHAT TYPE OF FOOD IS ON OFFER?

We offer good, home-cooked food for your child and vary the menu throughout the week, so nobody gets bored! Our emphasis is on providing a balanced diet for your child. Please note that any dietary requirements can be catered for with advance notice. Our sample menu can be seen above.

WHO ARE THE CAMP INSTRUCTORS?

When your child gets to camp, they will be assigned a Camp Instructor. This instructor will be responsible for the social welfare of your child throughout their stay with us. Instructors have been chosen for their ability to communicate with and look after children, and their first duty is to put your child at ease by making sure they are busy and happy. They ensure everyone knows where they should be throughout the day, every day.

HOW DO I BOOK MY CHILD'S PLACE?

By Email

Please email our reservations office at: bookings@delphiresort.com

We will then send you out a booking form to complete and return to us with your deposit. A booking form is downloadable from the website.

An initial deposit of €250.00 per child is all that is required to secure the holiday. This can be paid by phone with our team, and we will call you on receipt of the completed booking form. Final settlement is due 4 weeks prior to holiday start date.

If you have any other questions, please feel free to contact us on **+353 95 42208** and we would be more than happy to answer them for you.

TO BOOK CALL +353 (0) 9542208 OR BOOK ONLINE: DELPHIRESORT.COM/CAMPS

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