

Going to the coast.....

Pre- departure checklist

Planning

Have you planned where you want to go?	Directions, parking, facilities, access	
Obtain a weather forecast	www.met.ie, www.mmet.ie	
What time is high & low tide?	www.easytide.ukho.gov.uk	
Have you checked that conditions will be suitable?	Wind - waves, Tide - water levels/ beach uncovered, flow / currents. Rain	
Are you aware of any particular hazards you might need to be aware of and watch out for?		

Going to the beach....

Is the beach life guarded?	www.iws.ie	
Do you have adequate clothing for everyone?	Keep warm - Jumpers, waterproofs, warm hats Keep cool – Sun hats, long shirts Footwear – getting to & from the beach	
Have you got all of the equipment you need?	Charged phone, buckets, spades, shelter, money.	
Have you got all of the food & drink you need	Hot / cold (non-alcoholic) drinks	

Going to the shore angling....

Do you have adequate clothing for everyone?	Keep warm - Jumpers, waterproofs, warm hats Keep cool – Sun hats, long shirts Footwear – waterproof, warm, secure	
Have you got all of the equipment you need?	Charged phone, rods, tackle, bait, shelter	
Have you got all of the food & drink you need	Hot / cold (non-alcoholic) drinks	

Going coastal walking....

Do you have adequate clothing for everyone?	Keep warm - Jumpers, waterproofs, warm hats Keep cool – Sun hats, long shirts Footwear – walking boots	
Have you got all of the equipment you need?	Fully charged phone, maps / directions, shelter	
Have you got all of the food & drink you need	Hot / cold (non-alcoholic) drinks, snacks.	



Details on planned activities.....

to be left with responsible person ashore

Name of leader:	Number of people in party
Contact phone (mobile)	Car registration
Point of departure	Time of Departure
Point of arrival/return:	Time of arrival/return:
<p>If no contact made by me by*</p> <p>Please contact the Coast Guard on 999 or 112 and advise them I am overdue and give them the details above.</p> <p>* insert time allowing for reasonable delays</p>	