

Personal Equipment List for Day Hikes

A Rucksack: (Big enough to fit all of your gear – Schoolbag style bag is ideal)

Wet weather gear: (Hat, Rain coat, Waterproof pants, Waterproof Boots) – Essential!

Warm Clothes – No Jeans and try to avoid Cotton Material if possible(it only gets very damp with sweat and doesn't dry)

Neckerchief and Woggle (Essential)

Hiking Boots (Ask Leaders about Re-Waterproofing if unsure)

A Warm Hat and Gloves

Sun Cream (A small amount if the weather's looking good!)

IF Needed – Personal Medication

Water Bottle: (1lt. size is good or bigger if you drink a lot)

Packed Lunch

A Flask – Having something hot to drink is a good idea in Irish Weather All year round, Tea, Coffee, Hot Chocolate, Hot Blackcurrant/Orange are all great at warming you up.

Bivvy Bag: Every Scout should have one of these, they cost about 4-5 euro in any of the outdoor shops in town

Extra Stuff that's useful:

Personal First Aid Kit (If you have one)

Compass (If you have your own)

Whistle

NB: If you are not sure about anything, please ask a leader before it is too late to do anything about it!