

Personal Equipment List for Overnight Hikes

A Rucksack: (Big enough to fit all of your gear)

A Small Daybag- Sometimes needed depending on the hike

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

Torch: (Head Torches Are Best)

Spare Batteries for torch

STRONG Black bag for wet clothes – And to Line Rucksack

Enough Changes of clothes for the duration of the hike – One change of clothes should be – enough for most hikes – No Jeans are to be worn and try to avoid Cotton Based clothes – Under

Armour style tops and fleece are ideal

Warm Base Layer(s) / Something to sleep in

Extra socks

Neckerchief and woggle (Essential)

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

Warm Hat and Gloves

Wash gear - Toothbrush and Toothpaste etc

A (Very) Small Towel

Toilet paper (Kept Dry)

Insect Repellent & After-bite: (Midges are a problem in Ireland)

Sun Cream

IF Needed – Personal Medication

Sleeping Bag – Try to compress it as much as possible

Sleeping Mat

An old newspaper (a small amount) (for drying out your boots at night)

Water Bottle: (1.5 litres of water at least is usually needed)

Matches: (kept Dry) (Ask Leaders about waterproofing them)

Bivvy Bag – Only 4-5 euro in any of the outdoor shops in Town

Cutlery- Usually a Mug, Bowl and Knife, Fork and Spoon is sufficient

Extra Stuff you might need:

Packed Lunch – For the day of arrival

Flask – With Hot Drink

Personal First Aid Kit (If you have one)

Penknife – If you can use one

Food for the weekend – Leaders will clarify in this before the hike.

NB: If you are not sure about anything, please ask a leader before it is too late to do anything about it! Leaders will go through all the gear before an Overnight Hike to check everyone has all the things you need. Remember, you will need to carry all this gear on your back so pack accordingly!