

SCHOOL & YOUTH GROUPS -

“WHAT TO BRING AN GAISCE”



- Thick walking socks
- Plasters in case of blisters!
- Black bin liner for wet clothes to take home all wet gear at the end of trip
- A pair of walking boots or a strong pair of footwear to wear walking
- Warm Jumper or Fleece to walk in
- Warm Tracksuit or Trousers for walking in (No denims)

- At least 3 complete changes of clothes in case of bad weather
- A tracksuit + runners for games in the evening
- Toiletries
- Towel
- Small rucksack / day pack to carry spare emergency clothes and lunch
- Plastic bag to line rucksack to keep contents dry for the day
- Flask
- Water bottle
- Snacks
- Hat, Gloves & Scarf
- Rain Jacket & Rain Leggings



RESIDENTIAL

- Sleeping Bag
- Towel & toiletries
- Extra clothes for length of stay



GENERAL Our activities take place outdoors & in all weather. Come prepared:

- Change of clothing
- Drinks + reusable bottle
- Snacks/pack lunch if required
- Medications – inhalers etc.
- Sun Cream