



## 'WHAT TO BRING' – GAISCE ADVENTURE JOURNEYS

### FOR WALKING..

- **LONG THICK WALKING SOCKS !**
- Walking boots or strong footwear
- Tracksuit or walking trousers (No denims)
- Fleece or warm jumper
- Small rucksack / day pack with plastic bag to keep contents dry
- Hat/ Gloves / Spare jumper
- Rain jacket & rain leggings
- Plasters or blister pads.
- Water bottle
- Lunch & snacks
- Flask



### FOR RESIDENTIAL..

- Sleeping bag
- Towel
- Toiletries
- Extra clothes for length of stay (minimum 2 sets for walking plus a spare set for the evening)
- Change of footwear
- Large plastic bag for wet clothes



**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

