



Outdoor Education
& Training Centre
Kilfinane

GAISCE Adventure Journey Residential 'What to bring'

FOR RESIDENTIAL

- **SLEEPING BAG & nightwear**
- **Towel & toiletries**
- **Plastic bags x 2 for wet/ dirty clothes**
- **Medications / suncream**
- **Change of footwear**
- **Extra clothes (2 sets for walking plus a spare set for evening)**



FOR WALKING

- **LONG, THICK WALKING SOCKS**
- **Walking boots or strong footwear**
- **Tracksuits/ leggings or walking trousers (No jeans or denims on activities)**
- **Fleece or warm jumper**
- **Hat/ gloves/ spare long sleeved top**
- **Small backpack with plastic bag for raingear, spare clothes etc. on hike**
- **Rainjacket & rain leggings**
- **Plasters / blister pads**
- **Water bottle**
- **Lunch and snacks**
- **Flask**

