

A woman with brown hair tied back, wearing red sunglasses and a dark purple Herno jacket with green and red accents, stands in a hazy, mountainous landscape. She is wearing a green backpack with a matching green waist belt. The background shows rolling hills and mountains under a cloudy sky.

Hiking Kit List

Wilderness Ireland

Essential Items

On any adventure in the wild places some items of clothing and equipment are deemed essential. You may not need everything every day, but if the weather turns poor your safety and enjoyment could be compromised without these items.

Having the right equipment and clothing will have a big impact on how you enjoy your trip with us, so we have put together the following list to help you select the right gear.

We are happy to give additional advice so do not hesitate to contact us if you have any queries.

Ensure clothes are non cotton based

Upper Body:

- Moisture wicking base layer – synthetic or merino wool
- Light insulation layer such as microfleece
- Heavier insulation layer to add in colder weather or when stopped (heavy fleece or lofting insulation such as down or synthetic down)
- Fully waterproof and breathable shell jacket

Lower Body:

- Lightweight, quick drying trousers
- Fully waterproof and breathable shell over-trousers

Feet:

- Waterproof hiking boots with ankle support* (trail shoes are not suitable)
- Hiking socks

Head and Hands

- Wool hat
- Gloves

Essential Equipment to have while hiking:

- Water bottle or hydration bladder – 1-2L total capacity
- Small 'day' rucksack to carry clothes, equipment and food (25-35L capacity)
- Waterproof rucksack cover, or drybags to pack inside your rucksack
- Sun hat
- Sunglasses
- Sunscreen and lip balm

Additional

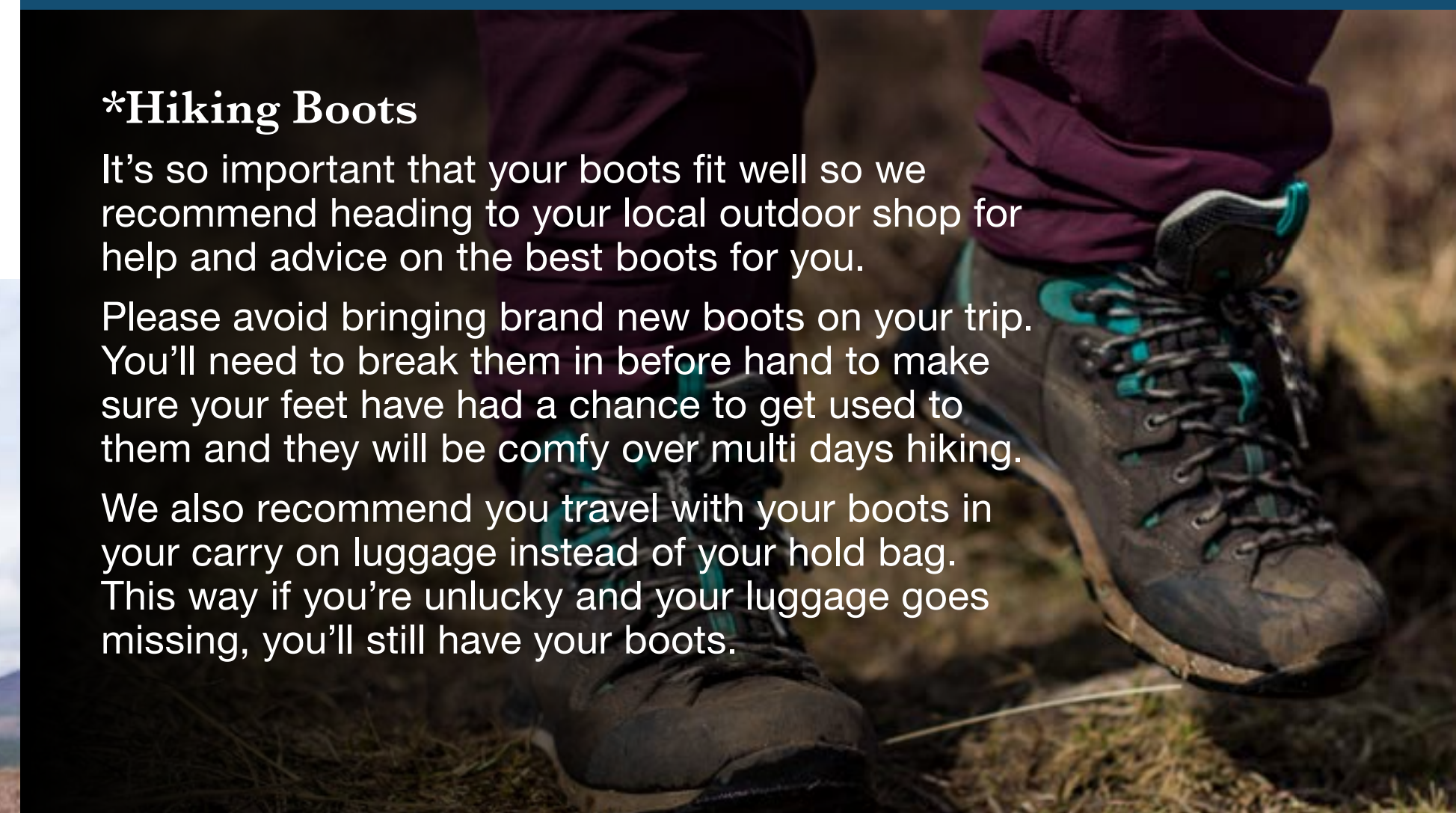
- Personal wash kit
- Comfortable clothes for evening wear (casual dress code)

*Hiking Boots

It's so important that your boots fit well so we recommend heading to your local outdoor shop for help and advice on the best boots for you.

Please avoid bringing brand new boots on your trip. You'll need to break them in before hand to make sure your feet have had a chance to get used to them and they will be comfy over multi days hiking.

We also recommend you travel with your boots in your carry on luggage instead of your hold bag. This way if you're unlucky and your luggage goes missing, you'll still have your boots.



Wilderness Ireland highly recommend the products of renowned outdoor clothing manufacturer [Haglofs](#), who keep our guides warm and dry through the seasons with their superb clothing and equipment.

Haglofs' industry-leading commitment to sustainability and the environment fits perfectly with our own ethos and their products come with a high level of functionality, good design and value for money to people who invest in an active outdoor lifestyle.

Recommended Optional Items:

- Personal blister kit
- Hiking poles
- Leg Gaiters
- Sunscreen and lip balm: SPF 25+
- Camera (spare batteries, memory card)
- Binoculars
- Thermos flask
- Lunch box
- Plug adaptor
- Buff or Neck Gaiter
- Foldable sit mat
- Spare laces
- Midge net / insect repellent
- Mobile phone
- Swimming costume

Personal First Aid Kit

Your guide will carry a comprehensive first aid kit, but you may wish to bring some of your own items for travelling. This is especially relevant to any specialist medication you may need.

- Personal medication
- Antiseptic ointment
- Plasters and small wound dressings
- Compeed or Moleskin for blisters
- Scissors, tweezers and safety pins
- Tick tweezers
- Anti-inflammatory e.g ibuprofen
- Analgesics e.g aspirin
- Anti-diarrhoea drugs e.g immodium
- Antihistamines
- Re-hydration salts or solution e.g Dioralyte
- Spare contact lenses and glasses (if appropriate)



Group and Safety Equipment

Wilderness Ireland provides all group safety equipment such as first aid kit, emergency shelter, mobile phone, DeLorme satellite locator etc. These will be carried by your guide.



Questions?

If you wish to consult the Wilderness Team about what you need for hiking in Ireland, or seek advise on any of the items above, feel free to get in touch by [email](#) or call +353 (0) 71 934 4650 or 1-888-351-4257 from North America.

Hiking Holidays

For our full range of Irish hiking holidays please check out our [website](#).