



Culture & Heritage

Kit List

Wilderness Ireland

Essential Items

On any adventure in these cultural landscapes 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:

- Light insulation layer such as synthetic, merino wool or microfleece
- Heavier insulation layer to add in colder weather or between activities (heavy fleece or lofting insulation such as down or synthetic down)
- Fully waterproof and breathable shell jacket

Lower Body:

- Lightweight, quick drying trousers

Feet:

- Comfortable trainers or trail shoes (there may be uneven terrain or steps)

Head and Hands:

- Wool hat
- Gloves

Essential Equipment to have:

- Water bottle
- Small 'day' rucksack to carry clothes and food
- 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)



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

Haglöfs' 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:

- Camera (spare batteries, memory card)
- Binoculars
- Lunch box
- Plug adaptor
- 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, InReach satellite locator etc. These will be carried by your guide.



Questions?

If you wish to consult the Wilderness Team about what you need for your Culture & Heritage holiday 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 1-844-351-4257 from North America.

Culture & Heritage Holidays

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