

Slieve Donard Challenge KIT LIST

HIKING BOOTS

Sturdy boots that provide good ankle support are essential for the rocky paths and uneven ground

WATERPROOF COAT

Because we don't need to say anymore than that we live in N. Ireland!

WATERPROOF TROUSERS

As well as keeping you dry, they will add a little windproof protection too. Although not essential they are a brilliant addition to your kit!

HIKING TROUSERS, SHORTS OR SPORTS LEGGINGS

Make sure you are wearing comfortable clothes!

WARM LAYERS

Base layers, t-shirt or light fleeces make the perfect combo for keeping you warm and toasty.

HAT + GLOVES

Although it can feel warm, the wind can add a nip. A hat will help give protection if it is warm and sunny too.

WATER

Staying hydrated is essential for getting to the peak of Slieve Donard. Make sure you have plenty with you.

SNACKS

Keep your energy up with snacks packed in your backpack. Make sure they are easy to find in your bag!

PACKED LUNCH

Bring extra as you will be using more energy than usual. Better looking at it than for it!

FIRST AID

Pack a simple first aid kit that may include some plasters, tablets and anything that you think you might need.

SUNCREAM

We recommend a high factor suncream whatever the weather.