



EQUIPMENT LIST

We recommend that participants have sufficient food, clothing and other equipment to be comfortable in a mountain environment for the duration of this event. Clothing should be adequate for the conditions and remember if you run into any unforeseen circumstances it can get cold so make sure you have enough warm clothing – just in case! Below is a list of items we would recommend.

- Clothing should be adequate for the conditions - warm and waterproof
- Suitable footwear
- Head torch with spare batteries
- Whistle
- Bivy bag
- Hat and gloves
- Mosquito repellent and/or head net.
- Basic first aid kit including bandages/ plasters/ Compeed
- Food and water sufficient for the duration of the event
- Map(s) covering the route and a compass e.g. OSI - Sheets No. 50 and/ The Dublin & North Wicklow Mountains from [EastWest Mapping](#).
- GPS – optional
- Yellow high visibility vest – this is mandatory and must be yellow to distinguish you from event marshals who will have orange vests.
- Mobile phone (fully charged and working)
- And finally a rucksack to carry it all!

We reserve the right to refuse admission if we feel you are not adequately prepared. Your kit should reflect the weather on the day and the route that you are undertaking.