

# Loreto College, Foxrock: Transition Year Gaisce Trip – Wicklow Way 2022

## Essential Packing List:

- **Medications as mentioned on your medical form.**
- Mini First Aid Kit which should include:
  - BLISTER plasters – bring your own pack. (Compeed are the best brand)
  - Support Bandage plus a pin to secure it.
  - Plasters, pain killers (to be noted on medical form)
  - Antihistamines
- Rain gear: water proof jacket, leggings, sturdy walking shoes/boots (these should be broken in) plus **4 pairs of walking socks** (extra pair to change during the walk)
- Activity Clothing – old, long-sleeved tee-shirts, long trousers/tracksuits/leggings (**not jeans**) – wear layers.
- Clothes to change into after walk (not jeans)
- Tent and sleeping bag (pillow/mattress if necessary)
- Big Lunch, snacks for bus journey, Food for your dinner.
- Water
- Toiletries, personal items
- Towel
- Sunglasses, sun cream, hat
- **Insect Repellent**
- 2 x Large Plastic Bags – to carry home your wet dirty gear and rubbish
- Camera - Don't forget a **Day Bag**
- **Matches to help light fire** (*you will need to keep these dry*)
- **You will be cooking your own dinner – bring food suitable for a BBQ. Recommend that you cook the food the night before! Don't forget your pot/pan**
- Snacks
- Musical Instrument, singing voices: **prepared party pieces – class competitions will take pace**
- Pack of cards or board games
- A Happy disposition and a willingness to try everything – **AN AMAZING ATTITUDE REQUIRED**

## What Not to Bring.....

- Expensive equipment – jewelry, cameras, ipods etc.
- No expensive clothing – no ugs!!!

*Last Point: Your phone is not a human friend – remember you're here to walk and talk, sing dance. The phones will be put away during the trip.*