**List of items for Gaisce Hike**

* Rain Gear
* Sturdy walking shoes – Hiking boots, sturdy runners with rubber soles(not plastic)
* Rucksack
* Towel
* Toiletries
* Night clothes
* 1 full change of clothes
* Packed lunch
* 1 Breakfast (we will arrange to purchase milk for the group)
* 1 Dinner(pasta and a sauce works very well)
* Denim jeans not recommended

All clothes should be in plastic bags as most rucksacks are not waterproof.

Mobile phones should be carried in a sealed plastic bag.

Please respect the environment by leaving no trace of our presence.

Bed Linen is provided by the hostel for all visitors and must be used as directed by the teachers