

WALKING TOURS IRELAND

walkingtoursireland.com

Walking Tour Packing Checklist

Everything you need for walking in Ireland
Print this out and tick as you pack!

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Your Ireland Walking Packing Checklist

Ireland's weather is famously changeable — you can experience four seasons in one day! Layering is key, and waterproof gear is non-negotiable. This checklist covers everything for day walks and multi-day walking holidays.

***TIP:** Print this page and tick off each item as you pack. For multi-day tours, your operator will transfer your luggage — you only carry a daypack!*

Footwear

<input type="checkbox"/>	Waterproof hiking boots (broken in!)	ESSENTIAL
<input type="checkbox"/>	Hiking socks (merino wool, 2-3 pairs)	ESSENTIAL
<input type="checkbox"/>	Liner socks (blister prevention)	Optional
<input type="checkbox"/>	Comfortable evening shoes / sandals	Optional

Clothing — Layers are Key

<input type="checkbox"/>	Waterproof jacket (Gore-Tex or similar)	ESSENTIAL
<input type="checkbox"/>	Waterproof trousers / overtrousers	ESSENTIAL
<input type="checkbox"/>	Fleece or insulating mid-layer	ESSENTIAL
<input type="checkbox"/>	Moisture-wicking base layers (2-3)	ESSENTIAL
<input type="checkbox"/>	Walking trousers (quick-dry, NOT jeans)	ESSENTIAL
<input type="checkbox"/>	Shorts (for those rare sunny days!)	Optional
<input type="checkbox"/>	Warm hat / beanie	ESSENTIAL
<input type="checkbox"/>	Sun hat / cap	Optional
<input type="checkbox"/>	Gloves (lightweight, waterproof)	ESSENTIAL
<input type="checkbox"/>	Buff / neck gaiter	Optional
<input type="checkbox"/>	Gaiters (for boggy terrain)	Optional

Equipment — Essentials

<input type="checkbox"/>	Daypack (25-35 litre)	ESSENTIAL
<input type="checkbox"/>	Waterproof pack liner / dry bags	ESSENTIAL
<input type="checkbox"/>	Walking poles (highly recommended!)	Optional

<input type="checkbox"/>	Water bottle / hydration bladder (1-2 litres)	ESSENTIAL
<input type="checkbox"/>	Headtorch / flashlight	ESSENTIAL
<input type="checkbox"/>	Whistle (for emergencies)	ESSENTIAL
<input type="checkbox"/>	First aid kit (basics + blister plasters)	ESSENTIAL
<input type="checkbox"/>	Map / route guide	ESSENTIAL
<input type="checkbox"/>	Compass (phone GPS as backup)	Optional
<input type="checkbox"/>	Phone + portable charger	ESSENTIAL

Food & Drink

<input type="checkbox"/>	Trail snacks (nuts, energy bars, chocolate)	ESSENTIAL
<input type="checkbox"/>	Packed lunch (for remote trail days)	Optional
<input type="checkbox"/>	Electrolyte tablets / powder	Optional
<input type="checkbox"/>	Thermos for hot drinks (cooler months)	Optional

Sun & Skin Protection

<input type="checkbox"/>	Sunscreen SPF 30+ (yes, even in Ireland!)	ESSENTIAL
<input type="checkbox"/>	Lip balm with SPF	Optional
<input type="checkbox"/>	Insect repellent (midges in summer)	Optional
<input type="checkbox"/>	Sunglasses	Optional

Documents & Money

<input type="checkbox"/>	Passport / ID	ESSENTIAL
<input type="checkbox"/>	Travel insurance details	ESSENTIAL
<input type="checkbox"/>	Tour booking confirmation	ESSENTIAL
<input type="checkbox"/>	Emergency contact card	ESSENTIAL
<input type="checkbox"/>	Cash (some rural B&Bs; are cash only)	Optional
<input type="checkbox"/>	Credit / debit card	ESSENTIAL

Multi-Day Tour Extras

<input type="checkbox"/>	Main luggage bag (soft-sided, <20kg)	Optional
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■	Laundry bag	Optional
■	Quick-dry towel	Optional
■	Toiletries (travel size)	Optional
■	Evening wear (smart casual for dinners)	Optional
■	Book / e-reader for evenings	Optional
■	Earplugs (B&Bs; can be cosy!)	Optional

TIP: Ireland Weather Reality Check: Average temps range from 4-8C (winter) to 15-20C (summer). Rain is possible 200+ days per year. BUT — the light, the rainbows, and the post-rain clarity make it all worthwhile. Embrace the soft day!

Find your perfect walking tour at walkingtoursireland.com