



Cork Mountaineering Club

Cumann Sléibhteoireachta Chorcaí

PERSONAL DAY WALKING EQUIPMENT

- Rucksack (25-35 litres)
- Mountaineering boots (with ankle support cuff and good-quality cleated sole)
- Waterproof jacket
- Waterproof overtrousers
- Hat, neckband or scarf, gloves
- Food & hot drink
- Water
- Map & compass
- Torch (ie, head-torch, to allow hands free. Remember spare batteries/ bulb)
- Whistle
- Survival (bivvy) bag
- Personal First Aid kit
- Spare clothing

Other useful equipment may include a sit-mat, gaiters, sunglasses, sun-hat, sunscreen, insect repellent, walking poles, GPS (remember spare batteries) . . .

NOTE: Walkers should wear appropriate clothing, in layers to adapt to changing weather conditions. Denim jeans (or any form of cotton clothing) are **NOT SUITABLE** for the mountain environment. When these materials get wet they retain moisture, which puts you at risk of hypothermia.

NB: a **full** set of dry clothes (including socks and underwear) and a towel should be left in the car, to change into after the walk. Take valuables with you, as cars have been burgled.

The map generally used is the Ordnance Survey 1:50 000 Discovery Series. The map sheet number(s) for the walk and the six-figure grid reference for the meeting point are given on our programmes. The recommended compass is Silva Type 4.