



Cork Mountaineering Club

Cumann Sléibhteoireachta Chorcaí

CHECKLIST: Camping and Backpacking

SHARED CAMPING EQUIPMENT

- Tent
- Stove + fuel + matches/ lighter
- Food

PERSONAL CAMPING EQUIPMENT

- Standard day walking equipment (*see below*)
- 45-litre rucksack (30-litre is sufficient for day walks, but 45-litre needed for camping)
- Sleeping bag
- Karrimat or Thermarest
- Mug, plate, cutlery
- Complete set of spare clothing, including hat, gloves, underwear
- Spare socks
- Toilet requisites (loo paper, soap, small towel, toothbrush, toothpaste, hairbrush)

PERSONAL DAY WALKING EQUIPMENT

- Mountaineering boots (with ankle support 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) . . .

Tip: Food which has been cooked in advance heats up quickly and safely (if based on mincemeat or vegetables) and thus uses less fuel.

Tip: Tent, stove and food can be split between the sharers, thus lightening the carrying load.



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Good Practice Guidelines for Wild Camping

- Where possible, seek the landowner's permission before camping wild
- To avoid Mountain Rescue being called out unnecessarily, inform a nearby resident or the local Gardaí (PSNI) if leaving a car overnight
- Choose unobtrusive sites at least 500m away from roads and buildings
- Keep the group as small and discreet as possible
- Use a stove for cooking; campfires leave their mark and fires in the countryside can be very destructive
- Bury human waste; latrines should be dug at least 30m away from watercourses
- Wash at least 30m away from watercourses; minimise the use of soaps and detergents
- To prevent damage to vegetation, tents should not be left on the same spot for more than two nights
- Leave no litter behind – “pack it in, pack it out!”
- Ensure that you leave the site as you found it.

(Mountaineering Ireland, 2007)

Tip: Pitch your tent top end to the wind

Tip: Do not enter the tent in wet boots or wet clothes

Tip: After the evening meal, store everything securely in the bell end of your tent



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