

Ireland Walking & Hiking Tours

PACKING CHECKLIST

Having the right equipment and clothing will significantly enhance your enjoyment of the trip. Since weather conditions in Ireland can be unpredictable, layering lets you add or remove clothing in response to changes in the weather or your internal temperature. Think lightweight, moisture-wicking base layers, insulating mid-layers, and a waterproof outer layer to stay comfortable no matter the conditions.

PACK IN YOUR CARRY-ON

- ☐ Documents: Tickets, Travel Protection, Health Insurance
- ☐ Identification: Passport, Driver's License
- ☐ Credit Cards/ATM Card/Foreign Currency
- ☐ Medical: Prescriptions, Glasses, Pain Reliever, Compression Socks
- ☐ Safety: Printed Contact List, Hand Sanitizer, Sanitizing Wipes
- ☐ Communications: Phone, Charger, Earbuds, Reading Material
- ☐ Personal Comfort: Lip Balm, Tissues, Ear Plugs, Eye Mask, Refillable Water Bottle
- ☐ Miscellaneous: Jewelry, House/Car Keys, Sunglasses

PACK IN YOUR CHECKED BAGGAGE

Active Clothing & Gear

- ☐ Waterproof light hikers or boots with ankle support
 - *Not all terrain requires heavy-duty hiking boots, but comfortable, supportive footwear is essential for a successful day on the trail. Ensure your boots fit properly and are broken in before starting your trip.*
- ☐ Non-cotton base layers (of varying weights)
 - *Synthetic or merino wool is recommended. Cotton is not ideal as it does not wick moisture, becomes heavy when wet, and takes longer to dry.*
- ☐ Cold weather clothing is optional based on the time of year
 - *Warm jacket (packable down or synthetic down recommended)*
 - *Waterproof/water-resistant gloves*
 - *Wool hat*
- ☐ Hiking socks (preferably moisture-wicking)
- ☐ Light insulation layer (e.g., microfleece)
- ☐ Waterproof and breathable rain jacket and pants

Non-Active Clothing

- ☐ Comfortable clothing and shoes for downtime and dining out (casual dress code)
- ☐ Light jacket or fleece

Additional Essentials

- ☐ Personal toiletries
- ☐ CIE Tours power adapter
- ☐ Phone charger

Essential Equipment for Hiking

- ☐ Water bottle (bring your favorite or use the provided CIE Tours bottle)
- ☐ Small daypack or backpack for carrying spare layers, water, and snacks. Your CIE Tours backpack could be ideal!
- ☐ Waterproof backpack cover provided by CIE Tours
- ☐ Hat with a brim (for sun and rain protection)
- ☐ Sunscreen and lip balm SPF 25+

Optional Items

- ☐ Hiking poles
- ☐ Leg gaiters (to cover the gap between pants and boots)
- ☐ Binoculars (for wildlife or scenic views)
- ☐ Buff or neck gaiter
- ☐ Spare laces
- ☐ Insect repellent
- ☐ Bathing suit (some hotels may have pools or spas)

Personal First Aid Kit

- ☐ Your guide will carry a comprehensive first aid kit, but you may wish to bring your own for personal needs or specific medications.
- ☐ Antiseptic ointment
- ☐ Compeed or moleskin (for blisters)
- ☐ Small scissors (pack in checked baggage), tweezers, and safety pins
- ☐ Tick tweezers
- ☐ Antihistamines
- ☐ Electrolyte packets
- ☐ Spare contact lenses and glasses

OTHER PACKING TIPS

- Keep checked baggage under 50 pounds to avoid overweight baggage fees.
- Put your name, contact information, and itinerary in your bag, in case your bag goes astray.
- Add your contact information to your CIE Tours luggage tags and attach the tags to the handle of your suitcase.
- After closing your suitcase, wrap the yellow CIE Tours luggage strap around the bag you'll be checking, for easy identification.
- Pack a change of clothing in your carry-on bag in case your luggage is delayed.
- Carry prescription medicines in their original containers in your carry-on bag. Bring your prescriptions with you, in case you need a refill while traveling.
- Bring a few plastic grocery bags to hold wet or dirty items.
- If you have several electronics to charge, bring a multi-outlet extension cord; or bring a dual-voltage charger.

OTHER PACKING NOTES

USE THIS SECTION TO ADD ANY NOTES OR PERSONAL ITEMS YOU MAY WANT TO INCLUDE.

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