**2025 IRELAND**

**GEAR INFORMATION**

**AND PACKING LIST**

**GEAR DETAILS**

**LUGGAGE:** You will take your frame pack and your day pack with you to Ireland. You will leave a small duffel bag with camp clothing in it at ALC. Please limit your luggage to these three bags!

**CLOTHING:** Unless otherwise specified, DO NOT BRING COTTON. When cotton gets damp/sweaty/wet it becomes heavy and takes forever to dry and has no insulating properties, which can cause hypothermia. There are many brands of synthetic/quick dry clothing on the market at various price points. Options from Walmart/Amazon/Goodwill work just as well as name brands like Patagonia and North Face.

**BACKPACK:** A pack can be a lifetime investment with proper care and purchasing. We recommend an internal frame-pack of 55-65 liters. A pack needs to be comfortable for the individual AND be fitted correctly to a camper's body, especially in the waist/hip belt. Have the pack loaded with weights (30 pounds) and wear it around the store for **at least 15 minutes.** Try to feel exactly where the pack might hurt or shift. Stores such as LL Bean, EMS, and REI have experienced salespeople who can reliably help you choose equipment. Brands that we love include: Osprey, Gregory and REI.

**Hip Belt** - This is important as most of the weight of the pack is transferred to the hips and legs; the sturdiest part of your body. Hence, the belt should be small enough, ***with 5" of tightening space*,** so that adjustments can be made tighter for heavier loads, for when the belt stretches due to use and being wet, or in the case that your waist becomes smaller throughout the length of the trip. **It is incredibly important that you have extra space to tighten your belt! If the belt becomes too loose to fit your body it can put uncomfortable strain on your neck, shoulders, and back.**

**BOOTS: We recommend boots appropriate for *lightweight backpacking trips* with good support that are weatherproof. Vibram soles are suggested** – Vibram makes an excellent sole that grips wet rock incredibly well, in addition to being very durable.

We will hike multiple days with full packs 6-12 miles daily with significant elevation gain and loss at least twice on this trip. With many day hikes from a base camp.

Go to a store to be fitted for your boots. Try on boots while wearing your wool hiking socks ***Your boots are an investment so it is important to get a boot that fits well! We recommend boots that give ankle support rather than hiking shoes.***

**\*\*PLEASE WEAR YOUR BOOTS\*\***

**At least on 15 day hikes before coming to camp to allow a break in period and minimize potential for blisters. DO wear your boots with the socks you are bringing on the trip. If your boots are giving you blisters at home perhaps you need to exchange them at the store before coming to camp!!**

If you have any questions about the packing list, please do not hesitate to contact the ALC Office at explore@alfordlakecamp.com or call at 207-785-2400.

| **REQUIRED ITEMS**  | **# Needed**  | **Notes**  | **# Packed** |
| --- | --- | --- | --- |
| Sports Bras  | 2-3  | Quick dry, no cotton! |  |
| Underwear  | 10-11  | Quick Dry synthetic underwear comes in all styles. 4 cotton pairs are nice for sleeping (included in total number of underwear) |  |
| **Wicking** Short Sleeve t-shirts  | 2 |  Short sleeve, quick dry shirts.  |  |
| **Wicking** Long Sleeve Shirt | 2 | For active use on chilly days. A top that zips up to cover part of your neck is a great option.Optional: Can be a long sleeved sun shirt.  |  |
| Hiking Shorts  | 2  | **Quick-dry synthetic shorts** with or without liners. Waist should fit and legs should be roomy. A tried & true brand is Patagonia ‘Baggies’. Hiking or running shorts work great. |  |
| Long Underwear Bottoms | 1  | **No cotton.** For active use on chilly days and keeping warm at night. Mid-weight synthetic or wool. |  |
| Athletic Leggings | 1 | **No cotton.** Synthetic material. |  |
| Hiking Pants | 1 | Quick dry, moisture wicking, windproof, water resistant full length hiking pants (Insulated is optional).  |  |
| Fleece Jacket | 1 | Warm fleece for cold days that can also be worn under a rain jacket.  |  |
| Warm Hat | 1 | Wool or polar fleece that covers ears, should be lightweight. |  |
| Sun Hat | 1 | A baseball hat or bucket hat works great. Necessary to keep cool on hiking days and for sun protection. |  |
| Rain Jacket | 1 | This should be lightweight, durable and totally waterproof. Must have a hood and **fit over** all insulating layers. |  |
| Rain Pants | 1 | Breathability and durability are key. Full side zips are great for easy changing as well, but not necessary. |  |
| Bathing Suit | 1 | 1 one-piece or 1 two-piece (two-piece can be a sports bra and quick dry shorts specifically allocated as bathing suit i.e. extra from above count, or an **active full coverage** non-string bikini style) |  |
| Liner Gloves | 1 | Nice to hike in on windy or cold days.  |  |
| Warm Gloves | 1 | Warmer gloves can be nice for windy or cold days and rain protection. |  |
| Bandana | 1 | Great for sun protection. |  |
| Crocs | 1 | Crocs are light-weight and easily carried. |  |
| **\***Hiking Boots  | 1  | Mid-rise waterproof boot **(see notes above)** |  |
| Wool Socks  | 4  | Buy your socks at the time you purchase your boots, so your boots can be fitted with the exact socks that you plan to wear on the trip. Try different brands. Smartwool/Darn Tough socks are expensive but they do work well. Aim for a pair that breathes well and has a medium cushion.  |  |
| Athletic socks | 4 |  To wear on non-mountain days |  |
| **REQUIRED ITEMS**  | **# Needed**  | **Notes**  | **# Packed** |
| Sock Liners | 2-4  | Optional: A thin synthetic sock liner adds to the breathability of your wool socks. Helpful in preventing blisters and keeping your feet clean and dry. |  |
| Back Pack  | 1  | A 55-65 liter expedition backpack **(see notes above)** |  |
| Pack Raincover  | 1  | A waterproof layer that fits over your full pack (not so big that it hangs loosely off pack and collects water). Some packs come with a raincover. |  |
| Waterproof Stuff Sacks |  2-5  | Used to line our packs and waterproof from the inside. They come in various sizes and colors for easy organization. |  |
| Sleeping Bag  | 1  | **Compressibility is super important,** the smaller the better. Synthetic fill, NO DOWN (it is not warm when wet), we recommend a 20-30℉.  |  |
| Compression Stuff Sack for Sleeping Bag  | 1  | The smaller your sleeping bag can pack down the better. Must compress to a size no bigger than 10 L, again the smaller the better. A Waterproof compression stuff sack is ideal such as the Sea to Summit Ultra-Sil Compression Dry Sack.  |  |
| Sleeping Pad  | 1  | Thermarest, something compact that fits inside the pack. |  |
| Liner/Sleep Sheet | 1 | Perfect for the Hostel sites! Great way to stay clean and cozy. A silk or Travel Sac is recommended. |  |
| Camelback Water/Hydration System System  | 1  | These water bladders can be stored in your pack and allow you to drink water at any time. Please choose one that holds between 2 and 3 Liters and can be removed from its insulated sleeve- all we need is the hose and the bladder. |  |
| Wide Mouthed 1 Liter Water Bottles | 2 | We recommend Nalgene as they are light. It is important to get 1 Liter water bottles (no more and no less).  |  |
| Quick-dry Towel | 2 | For drying off after showers or swimming. Ideal size would be able to wrap around your waist with full coverage. |  |
| Headlamp | 1 | LED bulbs last longer, please bring one with red light capability. No rechargeable headlamps unless they also take new batteries. There are no opportunities to charge. Bring 3 extra sets of batteries as well.  |  |
| Sunglasses | 1 | Are a must! Also bring a strap for your glasses. |  |
| Sunscreen |  | Cream only; no sprays |  |
| Trekking Poles  | 1 set of 2 poles | A good set of poles can reduce a lot of stress on your knees and will aid in balance. Leki is a reliable brand. Pick a collapsible pair for easy storage. |  |
| Travel Toiletries  |  | Keep it simple and travel size! Toothbrush, toothpaste, tampons/pads, hairbrush, contacts, deodorant, etc. in small containers for camping. |  |
| Journal/Pens/Books/ Stationery/Cards |  | Remember we carry everything we bring on our backs so keep it light. Paperback books only. Envelopes should peel and seal and be pre-stamped with a **Global stamp**. |  |
| Camp Utensils |  | A cup, bowl, plate, knife, fork and spoon |  |
| Camera  |  | Disposable cameras are the best option. Digital cameras may be brought but there is a high risk of getting it wet or running out of batteries. If you bring a GoPro or similar camera, you should bring enough spare batteries. Electrical outlets are available in most accommodations. A plug adapter - US to UK is required.  |  |

| **OPTIONAL ITEMS**  | **# Needed**  | **Notes**  | **# Packed** |
| --- | --- | --- | --- |
| Medium-weight Fleece Top | 1  | Look for breathable material that is warm and compact (avoid thick fleece jackets). The [Patagonia Micro D ¼-Zip Fleece](https://www.patagonia.com/product/womens-micro-d-quarter-zip-fleece/26278.html?dwvar_26278_color=FEA) is a great weight and more easily packed. This is just an example of the weight/warmth of fleece that would be best, you can find similar weights of fleeces in many outdoor brands and at most thrift stores! |  |
| Lightweight Carabiners (optional) | 3-5 |  For hanging laundry at sites or off packs to dry |  |
| Gaiters  | 1  | Optional: They keep mud, rocks and water off your socks and out of your boots. This is an optional item, some love hiking in gaiters and others are fine without them. Ankle-length are recommended.  |  |

| **REQUIRED FOR NON-MOUNTAIN DAYS** | **# Needed**  | **Notes****These should be packed into a medium sized duffel bag.**Many items can be used for both non-mountain days and the other activities | **# Packed** |
| --- | --- | --- | --- |
| Small day pack | 1  | For travel & days in towns |  |
| Pajamas | 1  | Required for hostels and shared accommodations |  |
| Jeans | 1 |  |  |
| Leggings | 1-2 |  |  |
| T-shirts | 3 | These are in addition to hiking shirts |  |
| Sweatshirt & Sweatpants | 1 each |  |  |
| Sneakers | 1 pair |  |  |
| Flip Flops | 1 pair | To wear in the shower |  |
| Nice outfit for dinners out | 1 | A sport skirt and nice t-shirt or sun dress works |  |

| **CLOTHING FOR USE WHILE IN CAMP** | **# Needed**  | **Notes****We will be in camp for 2 days before and after the trip. Campers are expected to wear ALC clothing while in camp** | **# Packed** |
| --- | --- | --- | --- |
| Small Duffel Bag | 1 | This will be used in camp to hold camp clothing before and after trip. |  |
| ALC shorts | 1 |  |  |
| ALC white shirt & blue shirt | 1 each |  |  |
| ALC sweatshirt & sweatpants | 1 each |  |  |
| Bath Towel | 1 |  |  |