



Heading out on the walking trails of Glendalough?
We have developed a Check list to help you plan your trip.

Recommended:	
<input type="checkbox"/>	Hillwalking Boots
<input type="checkbox"/>	Wind / waterproof jacket
<input type="checkbox"/>	Additional Socks
<input type="checkbox"/>	Leggings
<input type="checkbox"/>	Thermal top / T-shirt
<input type="checkbox"/>	Fleece & spare fleece
<input type="checkbox"/>	Hat & Gloves
<input type="checkbox"/>	Over Trousers/ Wet Gear
<input type="checkbox"/>	Rucksack with liner
<input type="checkbox"/>	Whistle
<input type="checkbox"/>	Map
<input type="checkbox"/>	Compass
<input type="checkbox"/>	Watch
<input type="checkbox"/>	Torch & spare battery / bulb
<input type="checkbox"/>	First aid kit
<input type="checkbox"/>	Trekking pole(s)
<input type="checkbox"/>	Mobile phone
<input type="checkbox"/>	Reflective armband
Additional in summer	
<input type="checkbox"/>	Extra water
<input type="checkbox"/>	Sunscreen / lip balm
<input type="checkbox"/>	Insect repellent
<input type="checkbox"/>	Sunglasses
<input type="checkbox"/>	Sun hat
Additional in winter	
<input type="checkbox"/>	Flask of water
<input type="checkbox"/>	Thermal leggings
<input type="checkbox"/>	Extra fleece
<input type="checkbox"/>	Second hat

For more information on your visit about the 9 walking trails of Glendalough and safety in the Mountains visit www.wicklowmountainsnationalpark.ie