



OUTLINE ITINERARY

2-day wild camping expedition in Connemara mountains, with an overnight wild camp beside a mountain lake. The routes will generally be based upon classic mountain 'horseshoe' walks.

DAY 1

10am - Meet to discuss the expedition and also check through and issue required gear. Discuss how to pack rucksack correctly in order to spread weight evenly. Demonstrate how to pitch a tent!

11am - set off on our walk up onto the mountains, taking in classic routes and breath-taking summits, with plenty of rest stops as well as environmental and navigation coaching.

6pm - Set up camp and have dinner, followed by a night walk (weather depending) to watch the sunset from a mountain summit.

DAY 2

7am - Have breakfast then pack up and break camp.

9am - Begin descending off the mountains on route for home and then finish back around mid afternoon.

Phone: 00353 (0) 876151931

Email: info@wildfullstop.com

Address: The Beach Cottage, Moyard, Co Galway



WHAT TO WEAR & BRING WITH YOU AND CARRY IN YOUR RUCKSACK

Your rucksack must have a capacity of at least 60 litres.

- Base layer - long-sleeved T-shirt
- Mid layer – fleece
- Outer shell - waterproof/breathable coat and over-trousers
- Walking boots - these must be waterproof with good ankle support and sturdy soles
- plus walking trousers
- Warm hat & waterproof gloves *
- Spare warm fleece or down/synthetic insulated jacket
- Spare socks, underwear and base layer
- Thermal leggings ('long johns') and thermal long-sleeved T-shirt to sleep in

Wear clothing that is made from synthetic fibres, which are quick drying and help 'wick' moisture away from your skin. Do NOT wear cotton (especially jeans) as cotton soaks up moisture.

FOOD AND WATER

- 2 x 1-litre water bottles
- Packed lunch (for the first day)
- High energy snack food (dried fruit, nuts, muesli bars, chocolate bars etc)
- Camp food (brew kit, evening meal, breakfast and lunch for Day 2) *
- Stove, gas canister, pan, spoon, bowl & mug *

PROVIDED KIT (marked by an asterisk*)

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CAMP GEAR

- 1 or 2-person backpacking tent. The tent weighs around 2kg *
- Self-inflating sleeping mats. The mat weighs around 1kg. *
- Sleeping bag. Please provide your own 3-season sleeping bag with a comfort rating of around -5 C.
- Waterproof rucksack bag. We will provide you with one of these to put everything in to keep things dry in your rucksack. They also double up as a pillow at night. *

SUNDRIES

- Toothbrush & small tube of toothpaste
- Alcohol-based hand gel (to clean your hands)
- Deodorant
- Toilet roll & box of matches
- Head-torch *
- Plastic bags – for your rubbish and smelly socks!
- Hip flask, iPod, camera etc...
- Medications (if applicable)

PROVIDED KIT (marked by an asterisk*)

- 1 or 2-person backpacking tent *
- Self-inflating sleeping mat *
- Stove, gas canister, pan, spoon, bowl & mug *
- Waterproof rucksack bag*
- Camp food – please indicate any dietary requirements *
- Backpacking rucksack *
- Head-torch *

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WHAT IS NOT INCLUDED

You will need to provide your own:

- Walking boots
- 3-season sleeping bag (with a temperature comfort rating of around -5 C)
- Personal walking clothing and equipment (such as trekking poles, base layers, hip-flask etc)
- Packed lunch for the first day.

Please indicate your requirements on the 'Participant Information form'

SHARING

If you have booked onto this Wild Camping expedition with a friend, relative or partner/spouse then why not share a tent and save over 2kg of weight in each of your rucksacks. You can share a 2-person tent, cooking equipment and some personal items.

PLEASE NOTE:

- A reasonable level of fitness is required as you will need to carry a rucksack with your overnight gear, equipment and food (weigh approx. 12 - 15kg). You can significantly reduce the weight of your rucksack by sharing a tent and some kit.
- We will walk approximately 10 km (6 miles) per day, although this will vary with each expedition according to weather conditions, pace of the group, terrain etc.
- There will be plenty of rest stops throughout the day, as well as 30-mins for lunch.
- Maximum group size - 6 participants. Over 16s only.

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DO'S AND DON'TS

- Leave no trace. Take ALL rubbish out with you. No fires.
- Personal hygiene - it is important to observe good personal hygiene when walking in the mountains, in particular hand washing. Regular hand washing in streams is important, without the use of soap as this may harm the stream ecosystem. Alcohol-based hand gels are a good idea, but use sparingly.
- Toilet – go to the loo at least 50 metres away from the campsite, water sources and footpaths. All other sanitary items must be bagged up and taken out.
- Water out of fast-flowing, clear mountain streams is fine to drink as long as it has been boiled first ('rolling boil' for a couple of minutes) or sterilized using Chlorine Diox tablets.
- Never cook inside the tent. If it's raining then you can cook just outside the porch of the tent with the tent door open and you nice and dry inside. Tent fabric is highly flammable and stoves give off carbon monoxide.
- Staying warm and dry is really important. Think about what you wear and take carefully. If you get cold in the night, then put your dry clothes on, including a hat and gloves.
- Travel light. Pack and weigh your rucksack, then un-pack it and see what items are absolutely necessary and what isn't. The lighter your rucksack the better. Don't be tempted to take "luxury" items with you, as you won't use them and they'll weigh you down. Your fully packed rucksack should weigh around 12 - 15kg, including all camping gear, food and water (allow 5kg for tent, sleeping mat, food and cooking equipment).

We will discuss the above in more detail during the pre-expedition briefing.

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