**HIKING CHECKLIST**

- Plan your walk and let someone know where you are going and what time you expect to be home.
- Bring appropriate clothing for weather conditions and terrain, including waterproofs and a fleece in case the temperature drops or it is windy.
- Make sure you have enough food and water for your hike, plus an emergency reserve. Nuts and chocolate are good sources of energy.
- Have a safety plan organised. Know what to do if you get lost, have an accident, or need help.
- Do no interfere with livestock, crops, or farm machinery.
- Check the hourly weather forecast and ensure your planned route is suitable for the conditions.
- Wear sturdy waterproof shoes or ideally boots that will support your ankles on uneven ground.
- Pack essential equipment such as a map, compass, multitool, first aid kit, power bank, torch, matches etc. Line your backpack with a waterproof bag.
- Keep to paths, use gates and stiles to cross walls and hedges. Leave gates as you find them.
- Protect wildlife, plants, and trees. Be mindful of nesting birds and animals.

Respect the environment. Take all litter home and extinguish all fires carefully. Make it hard for others to see or hear you and Leave No Trace of your visit.

**THE OUTDOORS IS YOURS - PROTECT IT**

www.leavenotraceireland.org