Mourne Mountain Challenge Kit List

Although Geology Rocks Adventure supplies all the technical equipment for your experience, you still have to bring some bits to keep you safe and happy. Read BOTH pages here please ☺

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it may seem like a lot of things to bring on your adventure with us, all of the below items should be brought along and **we reserve the right to turn away people who are not prepared for the event – no refund will be given in this case**. if you have any issues getting some items, don’t head out and buy loads of stuff just yet, we can probably lend some things out on the day, so get in touch!

Kit list - **for the hill on day one**

* Lots of light layers that can be added or removed as needed (T-shirt/thermal, one or two light jumpers / fleeces)
* A big over layer for when you stop for breaks / at camp / in an emergency i.e. a down jacket
* Well broken in mountain boots – if not broken in previous to the event your feet will be in pieces!
* Suitable mountain socks
* Blister plasters / compeed
* Personal first aid kit – and some knowledge of how to use it
* Storm Shelter – this can be big enough for your whole team and carried by one person
* A good waterproof jacket (minimum hydrostatic head of 10000mm (trousers too although they don’t need to be as good as the jacket)
* Hat, neck scarf and gloves
* Sun cream – the sun doesn’t need to be warm to burn you!
* Sunglasses – optional but useful
* Bottle of water – at least 1L / 1.5L per person for a full day – we can sort out water for the camp site and for day two’s morning session
* Plenty of food to keep you going all day on the hill – we supply dinner that night and breakfast the next morning
* Emergency additional food – in case you are stuck out for a time in emergency
* Flask of tea/coffee etc – great to have a hot drink in case of cold weather or in an emergency
* Torch – preferably a head torch as this is useful for freeing up hands at the campsite
* Spare batteries for torch
* Medication – inhalers, tablets etc
* A suitable rucksack to put it all in – feel free to share one between two if you want to
* Mournes OS map (1:25000) and a compass – we can supply these if needed, however you should be competent in it’s use WELL BEFORE attending the course. We run regular navigation courses, contact us for details

Kit List – **For the camp and day two ( this should be in a separate rucksack that we will carry for you to the camp site)**

* 3 Season or better sleeping bag
* Ground mat to sleep on
* Full change of clothes for camp that night – it’s always nice to get into clean and dry clothes after the hills
* Bivvy Bag – these can be cheap and cheerful orange ones at around £5 each or more expensive gortex ones
* Spare cosy shoes for camp
* Bushcraft knife or any other bushcraft items you wish to bring (OPTIONAL, NOT NEEDED)
* Spare shoes for the water –closed toes, no sandals, flip flops, crocs or high heels!
* Something for under your wetsuit – bikini, swimsuit, shorts and t-shirt
* Warm clothes to wear afterwards
* Towel
* Medication

All of the items above will help ensure that you are comfortable, which ultimately leads to you having more fun and staying SAFE on your activity. If you are having trouble gathering some of these items, please contact us for help, we probably have something to loan you. But please make sure you don’t leave anything behind!

Last but not least, listen to your instructions well, take time to navigate safely, take loads of pictures / videos for our facebook and Instagram and don’t forget to have a blast!

