



Ireland
**Leave
No
Trace**

HIKING CHECKLIST



Plan your walk and let someone know where you are going and what time you expect to be home



Check the hourly weather forecast and ensure your planned route is suitable for the conditions



Bring appropriate clothing for weather conditions and terrain, including waterproofs and a fleece in case the temperature drops or it is windy



Wear sturdy waterproof shoes or ideally boots that will support your ankles on uneven ground



Make sure you have enough food and water for your hike, plus an emergency reserve. Nuts and chocolate are good sources of energy



Pack essential equipment such as a map, compass, multitool, first aid kit, power bank, torch, matches etc. Line your backpack with a waterproof bag



Have a safety plan organised. Know what to do if you get lost, have an accident, or need help



Keep to paths, use gates and stiles to cross walls and hedges. Leave gates as you find them



Do no interfere with livestock, crops, or farm machinery



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