



# Ireland to Everest in 32 Steps

## Notes for Participants

(on how to be safe, warm, dry, watered and fed – so that the walks are enjoyable)

### Footwear

Boots with good ankle support and soles with good grip, to cope with wet and boggy ground, rough tracks and forestry road – all of which can be slippery.

Care to be taken, particularly when coming down from the summits.

### Rain Gear

Rain/wind proof jacket/coat.

Waterproof leggings.

### Head covering

Warm head covering -ideally woollen that covers ears

### Extra Jumper

To be carried in a waterproof bag. This can be put on when you stop (eg. lunch, summit) as you will cool down very quickly, once you stop walking. You need to put this during stops eg. the top will be windier (and therefore, colder) than the lower ground.

### Gloves/Scarf

Good to have for these. Note that the summit will feel cold, due to the combination of wind and height, even on fine days.

### Other clothes

Layering – better to have many layers than one heavy top;

Cotton/Denim lose their ability to keep you warm if they become wet. Best wear other fabrics.

### Spare Clothes

In Car boot - A complete change of clothes (and a towel) in the car, in case you get soaked during the walk.

### Food/Water

- Make sure you have had a good meal (breakfast, lunch) before the walk;
- Carry
  - some food (eg.sandwiches, fresh or dried fruit)
  - a drink eg. water, fruit juice, flask for hot water/drinksas you will need more energy for longer hill walks.

### Medication

Bring any personal medication that you would normally have with you