

Hi All,

We are going on a training hike this weekend for the Sionnach. Please find attached a kit list for a full weekend Sionnach. As we are only going overnight not as much clothes will be needed.

We will provide the following

Maps (at least 2, laminated or in map cases)
Hike Tents (with pegs and poles)
Trangia Stove & fuel in fuel bottle
Compass and Navigation Card

All food and personal equipment is up to the scout to bring. I will be showing foods on the night that I sometimes bring myself. Do not pack boxes, take stuff out and pack them individually. If you are bringing cereal, only bring the amount you need and not the whole bag. If you are preparing a dinner sometimes it is best to cook if before hand and then reheat on the hike, unless it's a boil in the bag. Lunch is up to you as to what to bring. Also bring some energy bars or chocolate to eat while hiking.

Pack everything in plastic bags and make sure they are waterproof. Your rucksack is not waterproof.

This is a weather permitting hike. If the weather is bad we are not staying overnight.

Leaving from Adare Village Hall at 7pm on Friday

Return at 4 pm on Saturday. We will be in touch if this time changes

3 leaders are going with 2 cars so we may need some parents to help out with lifts depending on numbers.

If you have any questions please call me on 087 6971781.

Ronan