

2026 ALC IRELAND GEAR INFORMATION AND PACKING LIST

GEAR DETAILS

LUGGAGE: You will have 3 pieces - 1 internal frame 55-65L hiking pack, 1 day pack (backpack) and 1 small duffel bag for non-hiking clothing. These will all be going to Ireland - please limit your luggage to these three bags!

CLOTHING: For hiking, unless otherwise specified, **DO NOT BRING COTTON**. When cotton gets damp/sweaty/wet it becomes heavy and takes forever to dry and has no insulating properties, which can cause hypothermia. There are many brands of synthetic/quick dry clothing on the market at various price points. Options from Walmart/Amazon/Goodwill work just as well as name brands like Patagonia and North Face.

BACKPACK: A pack can be a lifetime investment with proper care and purchasing. We recommend an **internal frame-pack of 55-65 liters**. A pack needs to be comfortable for the individual AND be fitted correctly to a camper's body, especially in the waist/hip belt. Have the pack loaded with weights (30 pounds) and wear it around the store for **at least 15 minutes**. Try to feel exactly where the pack might hurt or shift. Stores such as LL Bean, EMS, and REI have experienced salespeople who can reliably help you choose equipment. Brands that we love include: Osprey, Gregory and REI.

- **Hip Belt** - This is important as most of the weight of the pack is transferred to the hips and legs; the sturdiest part of your body. Hence, the belt should be small enough, **with 5" of tightening space**, so that adjustments can be made tighter for heavier loads, for when the belt stretches due to use and being wet, or in the case that your waist becomes smaller throughout the length of the trip. **It is incredibly important that you have extra space to tighten your belt! If the belt becomes too loose to fit your body it can put uncomfortable strain on your neck, shoulders, and back.**

BOOTS: We recommend boots appropriate for *backpacking trips* with good ankle support that are **weatherproof with Vibram soles** – Vibram makes an excellent sole that grips wet rock incredibly well, in addition to being very durable.

- We will hike multiple days with full packs (7 -12 miles a day), with significant elevation gain and loss at least twice on this trip. There will also be many day hikes from a base camp.
- Go to a store to have your boots fitted. Try on boots while wearing your wool hiking socks. **Your boots are an investment so it is important to get a boot that fits well! We strongly recommend that you wear your boots often before the trip to break them in.**
- **Buy boots that give ankle support rather than hiking shoes.**

****WEAR YOUR BOOTS****

Go on at least 15 day hikes before coming to camp to allow a break in period and minimize potential for blisters. Wear your boots with the socks you are bringing on the trip. If your boots are giving you blisters at home, you may need to exchange them at the store before coming to camp!!

If you have any questions about the packing list, please do not hesitate to contact the ALC Office at explore@alfordlakecamp.com or call at 207-785-2400.

REQUIRED ITEMS	# Needed	Notes	# Packed
Sports Bras	2-3	Quick dry, no cotton!	
Underwear	11-13	Quick Dry synthetic underwear comes in all styles. 4 cotton pairs are nice for sleeping (included in total number of underwear)	
Real Bra (optional)	1		
Wicking Short Sleeve t-shirts	2-3	Short sleeve, quick dry shirts.	
Wicking Long Sleeve Shirt	2	For active use on chilly days. A top that zips up to cover part of your neck is a great option. Optional: Can be a long sleeved sun shirt.	
Hiking Shorts	2	Quick-dry synthetic shorts with or without liners. Waist should fit and legs should be roomy. A tried & true brand is Patagonia 'Baggies'. Hiking or running shorts work well too.	
Long Underwear Bottoms	1	No cotton. For active use on chilly days and keeping warm at night. Mid-weight synthetic or wool.	
Athletic Leggings	2	No cotton. Synthetic material.	
Hiking Pants	1	Quick dry, moisture wicking, windproof, water resistant full length hiking pants (Insulated is optional).	
Fleece Jacket	1	Warm fleece for cold days that can also be worn under a rain jacket.	
Medium-weight Fleece Top	1	Look for breathable material that is warm and compact (avoid thick fleece jackets). The Patagonia Micro D 1/4-Zip Fleece is a great weight and more easily packed. You can find similar weights of fleeces in many outdoor brands and at most thrift stores!	
Warm Hat (optional)	1	Wool or polar fleece that covers ears, should be lightweight.	
Sun Hat	1	A baseball hat or bucket hat works great. Necessary to keep cool on hiking days and for sun protection.	
Rain Jacket	1	This should be lightweight, durable and totally waterproof. Must have a hood and fit over all insulating layers.	
Rain Pants	1	Breathability and durability are key. Full side zips are great for easy changing as well, but not necessary.	
Bathing Suit	1	1 one-piece or 1 two-piece (two-piece can be a sports bra and quick dry shorts specifically allocated as bathing suit - i.e. extra from above count - or an active full coverage non-string bikini style)	
Liner Gloves	2	Nice to hike in on windy, cold or wet days.	
Warm Gloves (optional)	1	Warmer gloves can be nice for windy or cold days and rain protection.	
Bandana (optional)	1	Great for sun protection.	
** WATER SHOES	1	To wear while doing coastal water activities. Quick dry is best, but old sneakers also work great- shoes that are closed toed and fit securely! Not Crocs - you can bring Crocs but these have to be in addition to the water shoes.	
*Hiking Boots	1	With ankle support, weatherproof, vibram soled boot (see notes above)	

Wool Socks	5-6	Buy your socks at the time you purchase your boots, so your boots can be fitted with the exact socks that you plan to wear on the trip. Try different brands. Smartwool/Darn Tough socks are expensive but they do work well. Aim for a pair that breathes well and has a medium cushion.	
Waterproof back pack internal liner	1	Ireland is wet! A large waterproof back pack liner will help keep items dry. We also recommend packing all items in smaller dry bags.	
Back Pack	1	A 55-65 liter expedition backpack (see notes above)	
Pack Raincover	1	A waterproof cover (if possible, most are just water resistant!) that fits over your full pack is essential (not so big that it hangs loosely off the pack and collects water or is blown off). Some packs come with a fitted raincover.	
Waterproof Stuff Sacks	4-5	Used as a second barrier against the wet, to organise and store our gear. They come in various sizes and colors for easy organization.	
Sleeping Bag	1	Compressibility is super important , the smaller the better. Synthetic fill, NO DOWN (it is not warm when wet), we recommend a 15-25°F three season bags	
WATERPROOF Compression Stuff Sack for Sleeping Bag	1	The smaller your sleeping bag can pack down the better. Must compress to a size no bigger than 10 L, again the smaller the better. A Waterproof compression stuff sack is recommended, such as the Sea to Summit Ultra-Sil Compression Dry Sack.	
Sleeping Pad	1	Thermarest, something compact that fits inside the pack is recommended.	
Silk Liner/Sleep Sheet	1	Perfect for the Hostel sites! Great way to stay clean and cozy. A silk or Travel Sac is recommended and also provides extra warmth on chilly camping nights.	
Camelback Water/Hydration System System (optional)	1	These water bladders can be stored in your pack and allow you to drink water at any time. Please choose one that holds between 2 and 3 Liters and can be removed from its insulated sleeve.	
Wide Mouthed 1 Liter Water Bottles	3	We recommend Nalgene as they are light. It is important to get 1 Liter water bottles (no more and no less). The 1 liter wide mouth water bottles were the most popular.	
Quick-dry Towel	2	For drying off after showers or swimming. Ideal size would be able to wrap around your waist with full coverage.	
Headlamp	1	LED bulbs last longer, & please bring one with red light capability. No rechargeable headlamps unless they also take new batteries. There are no opportunities to charge. Bring 3 extra sets of batteries.	
Sunglasses	1	Are a must! Also bring a strap for your glasses.	
Sunscreen		Cream only; no sprays	
Bug repellent		For no-see-ums	
Bug headnet	1	A 2,000 per square inch or higher mesh is essential! Sea to Summit and Aventik offer ultra-fine 2,000 per square inch head nets, sold on amazon.com . Search for no-see-um mesh bug head nets. The finer the better!!	
Trekking Poles (optional)	1 set of 2 poles	A good set of poles can reduce up to 80% of the stress on your knees and will aid in balance. Leki is a reliable brand. Pick a collapsible pair for easy storage.	

Travel Toiletries		Keep it simple regular sized containers are fine as they will remain in your duffels. Toothbrush, toothpaste, tampons/pads, shower stuff, hairbrush, contacts, deodorant, etc... Some items will need to be transferred into small containers for camping. Bring extra containers!	
Journal/Pens/Books/ Stationery/Cards		We carry everything we bring on our backs so keep it light. Paperback books only. Envelopes should peel and seal. You will not need stamps. We will send two mailings while on the trip and camp will cover the cost.	
Camp Utensils		A cup, bowl, plate, knife, fork and spoon	
Camera		Disposable cameras are the best option. Digital cameras may be brought but there is a high risk of getting it wet or running out of batteries. If you bring a GoPro or similar camera, you should bring enough spare batteries. Electrical outlets are available in most accommodations. A plug adapter - US to UK is required.	
Watch		Used to help with navigation & pacing - must have either a second hand or a stopwatch timing option.	
A coin purse for spending money		We will be using both Pounds Sterling and Euros. A purse with different sections for different currencies and coins is recommended. **Suggested amount of spending money: 200 Pounds Sterling cash and 200 Euros in cash. Used for treats, souvenirs and gifts.	
Lightweight Carabiners (optional)	3-5	For hanging laundry at sites or hang off packs to dry	
Knee High Length Gaiters	1	They keep mud, rocks and water off your socks and out of your boots. Knee high is recommended.	
REQUIRED FOR NON-MOUNTAIN DAYS	# Needed	Many items can be used for both non-mountain days and the other activities.	
Pajamas	1	Required for hostels and shared accommodations	
Jeans	1		
Leggings	1-2	Can use hiking leggings	
T-shirts	3	These are in addition to hiking shirts	
Sweatshirt & Sweatpants	1 each	Can be ALC or other	
Sneakers	1 pair	May get really dirty so be aware	
Athletic socks	4	To wear on non-mountain days	
Flip Flops or Crocs	1 pair	To wear in the shower	
Nice outfit for dinners out	1	A sport skirt and nice t-shirt or sun dress works - nothing too fancy!	
CLOTHING FOR USE WHILE IN CAMP	# Needed	We will be in camp for 2 days before and after the trip. Campers are expected to wear ALC clothing while in camp.	
ALC shorts	2	1 pair mesh plus 1 pair for Sunday (cotton jam shorts)	
ALC white shirt & blue shirt	1 each		
ALC sweatshirt & sweatpants	1 each	These sweats can be taken on the trip	
Bath Towel	1		