




29th Dublin



46 Sweetman's Ave
Blackrock
Co. Dublin

Tel  01 2782608

Mob  087 2237587

Niamh@29thdublin.ie 

Equipment List

Full Uniform to be worn, wear boots instead of packing them
Everything MUST be packed inside your bag

- Rucksack (with two shoulder straps and waist strap)
- Day bag
- Water bottle
- Packed lunch for travelling on Sunday
- Sleeping Bag
- Carri mat (sleeping mat)
- 1 change of old shoes/runners
- change of clothes
 - o 3 Tracksuit bottoms/shorts can be brought but these are in addition to the tracksuits
 - o 4 T-shirts
 - o 2 Jumpers
 - o Underwear (please pack some)
 - o Socks (8 pairs)

- Raingear (jacket and leggings)
- Plate/bowl/cup/knife/fork/spoon
- Personal wash gear
- 1 tea towel
- Swim gear and towel
- Pyjamas (warm or tracksuit and socks)
- Torch (extra batteries)
- Plastic bags (for soiled and wet clothes)
- Sun cream and hat (here's hoping)