

Packing Checklist

Connemara Riding Adventure

Come prepared for all kinds of weather! Choose dual-purpose, lightweight clothing that you can efficiently layer. Merino wool and synthetic fabrics like polar fleece are recommended over anything cotton or denim for their quick-drying and sweat-wicking capabilities.

If you're not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!

Required Items

- Main piece of luggage: a soft-sided duffel bag or similar easy-to-manage bag
- Small backpack
- Riding boots ~ you will be wearing these for 90% of your trip! Must have a small heel.
- Walking shoes or sandals: for accommodations, to travel in and to wear when not riding.
- Socks: three or four pairs (merino wool recommended)
- Rain gear - Waterproof jacket & pants: Your jacket and pants should be big enough to wear warm layers underneath and have decent-sized pockets.
- Fleece/down jacket and/or wool sweater
- 2-3 t-shirts for riding
- Lightweight SPF long sleeved shirt for riding

- Riding pants: Ideally, bring English riding breeches. If you require an alternative, look for seamless, snug-fitting, two-way stretch garments made of polyester or other “warm when wet” materials. What you will want to avoid in any case, is pants that twist, wrinkle or bunch along the inside of your legs.
- Casual change of clothes for evenings, fancier restaurant meals and to travel in
- Underwear (as desired)
- Bras (make sure they are firm support for trotting!)
- Nightwear
- Riding gloves for chillier days
- Swimsuit (there is a pool at Clifden Station House Hotel)
- Sunglasses: with a retainer strap if you have one
- Camera: memory cards and batteries/charger
- Refillable water bottle
- Toiletries (ideally biodegradable): toothbrush, toothpaste, soap, lip balm, hairbrush, small travel towel, prescription medications (*bring in duplicate and pack separately), glasses/lenses, feminine hygiene products, wet wipes, hand sanitizer etc.
- Personal first aid kit for any essential items that you know you’ll need, such as Ibuprofen/ASA, Band-aids, adhesive tape, antihistamines, anti-nausea tablets, Polysporin, Imodium, throat lozenges, blister kit if you’re prone (2nd Skin, Compeeds or moleskin). Your guides will carry a group first aid kit.
- Sunscreen (minimum SPF 15+)
- Earplugs (recommended for shared rooms)
- Alcohol-based sanitizer and face masks
- DIY RAT antigen test kits

Optional Items

- Hydration pack - low profile to be worn under your shirt or jacket, such as this one by [Camelbak](#)
- Electrolytes, such as Nuun rehydration tablets
- Pencil and Notebook/Journal
- iPod/mp3 player
- Reading material
- Energy snacks and drinks: while snacks will be provided, you may like to bring some along too if you have special dietary needs or personal favourites.
- Pair of cycling shorts or padded underwear to help reduce sore bums and chafing
- Anti-chafing cream or powder (available at bicycle shops)
- You are not required to bring your own riding helmet (BHS standard) but we highly recommend that you do. There will be a limited selection provided by the outfitter which means perfect sizing can be an issue. If you have your own and it fits like a glove (or, better, like a helmet), our in-house horse expert advises bringing it.

Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag (if applicable)
- Passport copies: bring a photocopy of your passport (if applicable)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary: your international and domestic itinerary and tickets (plus photocopies)
- Negative Covid-19 PCR test results (if applicable)
- Approved Covid-19 vaccination certificate (if applicable)

Be sure to keep copies of your documents separate from the originals!

Packing Notes

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your riding boots!). When packing your carry-on try to include what you would need to be comfortable for your first few days in case your checked baggage is misrouted by the airline (rain gear, medications, itinerary, snacks, change of socks/underwear).

As a general rule, don't bring more than you can carry! This will help ensure smooth-as-pudding transfers in airports, through customs, hotels, and loading vans/trailers/boats. On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. Most airlines have reduced the weight maximums for checked bags to 50 lbs (22 kg). Be sure to check with your airline for weight restrictions **and** carry-on allowances.

We recommend soft-sided luggage or a medium duffle bag (your checked bag) and a medium daypack of 20 L (your carry-on bag) for this adventure.

- Please limit yourself to one large piece of luggage.
- Check out the [Galway Left Luggage Facility](#) to make arrangements for storage of extra luggage for the duration of the Wild Women Expeditions trip.

Resources for Buying Outdoor Gear & Clothing

- **Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek**
- **Borrow:** Why buy when you can borrow from a friend?
- **Variety/Value Village, Goodwill, Salvation Army** and online swap sites are also great places to find second-hand gear for a fraction of the price.
- **Reduce, Reuse, Recycle, Rewear!**