

The Northeast and New England climate is extremely variable and weather conditions can change rapidly from a beautiful, blue-sky, t-shirt day to a chilly rain. Proper gear and clothing will ensure you have fun either way and stay safe. Remember: there's no such thing as bad weather – just poor preparation.

- If hiking, it is essential that you break in your hiking boots! Not doing so will result in painful blisters.
- When synthetic is indicated, please do NOT bring cotton or cotton blend. This is because cotton absorbs moisture and will not keep you warm when it is wet. Synthetic, on the other hand, wicks sweat away from your body, so it will keep you more comfortable.
- Please bring your gear in either a duffel bag or your backpack. On arrival day you will unpack all of your gear so that your trip leaders may check it, item by item, during an equipment shakedown.
- Do not bring extraneous items that are not listed below.

Items marked with an * may be borrowed for free from Outdoor Education. You should request to borrow gear online when you pay your balance.

If confused about gear terms, or what we're looking for, please see our ["Gear Elaboration" section on our website.](#)

MANDATORY CLOTHING

Upper Body

- ☐ (1) Synthetic long underwear top
- ☐ (1) Wool sweater or fleece jacket
- ☐ (1) Waterproof rain jacket (Coated nylon is fine. Gore-Tex is not necessary)
- ☐ (2) T-shirts (Two synthetic is ideal; one cotton is okay too)
- ☐ (2) Sports bras (Use your judgment re: quantity)

Lower Body

- ☐ (1) Synthetic long underwear bottom
- ☐ (1) Lightweight rain pants (Coated nylon is fine. Gore-Tex is NOT necessary)
- ☐ (1-2) Shorts (Both synthetic is ideal, at least one synthetic STRONGLY recommended)
- ☐ (1x/day) Underwear (Synthetic recommended. Use your judgment re: quantity)
- ☐ (1) Bathing suit (Note: men can use a pair of synthetic shorts)

Head and Feet

- ☐ (1) Wool or fleece hat (Should be winter weight)
- ☐ (3) Wool or synthetic socks (Varying thicknesses. No cotton!)
- ☐ (1) Camp/water shoes/sandals
 - o No flip-flops! Sandals MUST have a heel strap, i.e. Tevas, Chacos, or Crocs with heel strap
 - o Bare feet are NOT allowed! Foot injuries will severely impact the trip. You must bring camp shoes for time in camp and any swimming or wading.
- ☐ (1) Hiking boots (Broken in. See shaded box below)

A word or two about your boots and socks:

- They are your most important pieces of gear.
- You have two options 1) break them in, or 2) don't break them in and have painful, persistent blisters.
- They should fit properly with the socks you will be wearing so you can hike long distances with a 35-45 lb backpack.
- Boots should be over-the-ankle, designed for hiking and backpacking and waterproof.
- Below the ankle boots are not acceptable, as they don't provide adequate support.
- Bring slightly varying thicknesses of socks to accommodate feet as they swell during hiking.

MANDATORY EQUIPMENT

- ☐ (1) *Modern, internal frame backpack (Minimum size of 75 liters)
- ☐ (1) *Synthetic sleeping bag with compression sack (Rated to at least 30° F)
- ☐ (1) *Sleeping pad (I.e. closed cell foam such as ensolite or RidgeRest or an inflatable Thermarest)
- ☐ (1) *Headlamp (preferred) or lightweight flashlight
- ☐ (1) Set of extra batteries for your headlamp/flashlight (bring AAA if you are borrowing a headlamp from us)
- ☐ (1) Sun hat/baseball hat
- ☐ (1) Sunglasses w/retainer strap (With UV protection)
- ☐ (1) Journal & pen/pencil
- ☐ (2)* Water bottles (Must be 1 liter capacity each with a screw on lid – 1 liter Gatorade bottles work well)
- ☐ (1) Bowl and (1) spoon (Lightweight and plastic. Tupperware with lid works great)
- ☐ (1) Whistle with neck lanyard
- ☐ (1 each) Sunscreen, lip balm, & insect repellent
- ☐ (1 each) Toothpaste and toothbrush (We recommend travel size)
- ☐ If applicable:
 - ☐ Contacts, solution, glasses (Bring extra contacts)
 - ☐ Medication
 - ☐ Tampons/pads (Please bring extra as the high level of activity can change your menstrual cycle)

OPTIONAL ITEMS

- ☐ (1) Quick dry nylon pants for hiking
- ☐ (1) Bandana
- ☐ (1) Synthetic towel
- ☐ (1) Lightweight gloves (To keep hands warm at night)
- ☐ (1) Crazy Creek/camp chair
- ☐ (1) Gaiters (To keep dirt out of boots)
- ☐ (1) Pocket knife
- ☐ (1) Magnetic compass
- ☐ (1) Camera
- ☐ (1) Trekking poles (Hiking only)
- ☐ (1) Fleece pants/heavy long underwear bottoms
- ☐ (1) Book to read

DO NOT BRING THESE ITEMS: Alcohol, unprescribed drugs, cigarettes, or chewing tobacco.
Carrying or using these items will result in immediate dismissal from the trip.

Also leave deodorant, jewelry, cosmetics, shampoo, iPods, and cell phones at home or in a bag at Base Camp.

Places to get gear: family and friends, local sporting goods, thrift stores, Army/Navy surplus stores, REI, Campmor.com, Sierratradingpost.com, EMS, K-Mart, etc.

Looking to go green? Check out these retailers that offer eco-friendly alternatives:

Backcountry.com, Great Goat Program, Sierra Trading Post Green Guide, REI Eco Friendly Camping Gear, and second hand stores.