

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.

- 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.

Your trip will be a combination of base camping, day hiking and rock climbing. You will base camp at a scenic drive-up campground. Please bring your gear in a duffel bag with a little bit of spare room. You will live out of this duffel bag throughout the trip. In addition to your stuff, you will be issued climbing-specific gear such as harnesses, helmet, etc that should fit in your duffel. Do not bring extraneous items that are not listed below. During your day outings, you will need a daypack. At the least, this should be a school backpack. One with a waist strap is best. If you own a more "technical" 30-40 liter pack, that is best. Again, no need to buy one as a school bag will suffice!

All climbing gear will be provided (rock shoes, harness, helmet, technical equipment). If you already own your own, you are welcome to bring it and if assessed to be safe by our staff, you may use it during the trip.

**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, fleece jacket, or sweatshirt
- ☐ (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.)
- ☐ (2) Shorts (One must be long for climbing. Both synthetic is ideal, at least one synthetic STRONGLY recommended)
- ☐ (1) Climbing/Hiking Pants. These should be full length nylon (Unlined track pants or quick dry pants)
- ☐ (1x/day max.) Underwear (Use your judgment re: quantity)
- ☐ (1) Bathing suit (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
  - No flip flops! Sandals MUST have a heel strap, i.e. Tevas, Chacos, or Crocs with heel strap
  - 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
  - Full hiking boots, lightweight hiking boots, or low-cut trail hikers will all work.
  - Running sneakers and Converse are NOT adequate for traction.
  - Arriving with inappropriate shoes will pose a significant logistical problem and may require you to purchase boots on the trip.

## MANDATORY EQUIPMENT

- (1) Soft duffel bag (Should fit your personal gear + 20% of extra room)
- (1) Backpack (Approximately 30 liters or, at a minimum, a school book backpack, for day hikes and climbing days)
- (1) \*Sleeping bag (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 – 1liter 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) 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) Crazy Creek/camp chair
- (1) Pocket knife
- (1) Magnetic compass
- (1) Camera
- (1) Fleece pants/heavy long underwear bottoms
- (1) Bandana
- (1) Synthetic or cotton towel
- (1) Lightweight gloves (To keep hands warm at night)
- (1) Book to read

**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.