

# **MOUNTAIN EQUIPMENT LIST**

## **Items needed for Mt. Washington**

**To be packed – Bring it all in a big garbage bag.**

- \_\_\_\_\_ Frame Pack (If you don't have one, the program can supply one.)
- \_\_\_\_\_ Hiking Boots
- \_\_\_\_\_ Extra Boot Laces
- \_\_\_\_\_ 3 Pairs of **Heavy Socks (WOOL!)**
- \_\_\_\_\_ 3 Pairs of **Light Socks**
- \_\_\_\_\_ Long Pants (No Jeans, preferably no cotton. Old suit pants work)
- \_\_\_\_\_ A T-Shirt
- \_\_\_\_\_ A Long Sleeved Shirt
- \_\_\_\_\_ 2 Warm Layers
- \_\_\_\_\_ 1 Pair of Shorts
- \_\_\_\_\_ Rain Gear → Top **and** Pants. **NO PONCHOS!**
- \_\_\_\_\_ Gloves or Mittens
- \_\_\_\_\_ Wool Hat
- \_\_\_\_\_ **2** Quart or Liter sized bottles. One may be used for a sugar drink.
- \_\_\_\_\_ Field Kit (Backpack, Notebook, Pencils, 1<sup>st</sup>-Aid Kits)
- \_\_\_\_\_ Flashlight and at least one (1) Extra Set of Batteries
- \_\_\_\_\_ 2-3 Pairs Underwear
- \_\_\_\_\_ Bug Spray & Suntan Lotion
- \_\_\_\_\_ Personal Toilet Articles (Be Prepared)
- \_\_\_\_\_ Lunch For All 3 Days (See The Suggested Food List)
- \_\_\_\_\_ Snacks (GORP, crackers, dried fruit, etc.)
- \_\_\_\_\_ Slipper, Sandals, light shoes for inside the hut. (Optional)
- \_\_\_\_\_ \$ Money for day 1 breakfast and day 3 dinner  
(Around \$20, more for souvenirs)
- \_\_\_\_\_ 6 Small re-closeable Plastic Bags
- \_\_\_\_\_ 3 Large Garbage Bags
- \_\_\_\_\_ Old Bathing Suit and Small towel for (natural water slides)
- \_\_\_\_\_ Sleepsack (A sheet sewn together – NO sleeping bags)
- \_\_\_\_\_ **ANY MEDICATION or KNEE/ANKLE BRACES**  
(include dosage instructions)

### **Optional:**

Camera, T.P. or Tissues, Bandana,  
Scarf, Clean Clothes for the last day.

## **Train Lunch Suggestions!**

A **good** trail lunch is **unspoilable, unsquishable, and light**. **Tasty, nutritious, and minimally packaged** are also important.

Your child will need lunches for two (2) days that will keep for days without refrigeration, and one (1) lunch, brought at 4:00 am to the bus, which can keep for 10 hours without refrigeration.

Check for excess size, weight, and unsafe containers.

### **Hints:**

- Sandwiches get squashed and soggy after the first day, and students just don't eat them
- Avoid Mayo, Mustard, and Butter (They get nasty!)
- Avoid fresh fruit (too heavy)
- Don't over-wrap (trash must be carried out)
- Don't over-load (you have to carry it!)
- No glass (breakable and heavy) or canned food (sharp trash can cut through bags) unless moved to a plastic container
- No carbonated drinks.
- All trash has to be carried out.

### **Suggested Foods:**

- Crackers
- Cheese (smoked or otherwise not requiring refrigeration)
- Salami / Pepperoni / Bologna – sliced
- Hummus / Pita
- Dried meats (jerky)
- Peanut butter
- Dried fruit
- Limited fresh fruit
- Carrots, celery, etc.
- GORP (raisins, nuts, dry cereal)
- Cookies
- Hard-boiled egg
- Freeze-dried food (that doesn't need cooking or hot water)
- Sugar drink mixes (for at most 1 liter of water at a time.)