

Mt. Washington Equipment List

Basics:

- Frame Pack (the program can provide one, but they are older external frame packs, so we can't guarantee a perfect fit)
- Small pack (Daypack, or Camel-Back, for the second day, must have room for water, 2nd day lunch (if it is not being bought), rain gear, and any souvenirs)
- Hiking Boots
- Extra Pair of Boot Laces
- 2+ Liters of water, a water bladder is recommended (CamelBack being a prominent name) but one hard bottle too (Nalgene or such)
- 2-3 days of lunch, first day can be perishable, the rest cannot. One may buy lunch on the second day, and most students will want to, if you do then only the first and last day must be packed.
- Snacks (Trail mix is the basic option)
- Stuff Sacks or Compression Sacks (Don't worry about buying these if you don't have them; most students will use 3 gallon sized ziplocks, a small ziplock for toiletries and anything you want separate, and 3 large garbage bags.)
- First Aid Kit (please include an ACE bandage)

Clothes:

- 2-3 Pairs of Wool Hiking Socks
- 2-3 Pairs of Liner Socks (Synthetic or Wool, no cotton)
- Long Pants (no cotton, no jeans)
- Old Bathing suit
- T Shirt
- Long Sleeved Shirt
- 2 Warm Layers (You will wear them, no matter how nice the forecast looks)
- 1 Pair of Shorts
- Undergarments
- Rain Gear (Jacket and Pants, no ponchos, no umbrellas. Please do not skimp on the raingear, we know it can be expensive, and we do not expect you to get the most exotic and expensive possible option. DO NOT GET THE BRIGHT YELLOW PVC GEAR, it is not rugged enough to stand up to the winds on Mt Washington.
- Gloves
- Warm hat

The reason for all the clothing is that we cannot predict the weather on MT Washington, it is known for having the worst weather in the world, and it can change very quickly. With that in mind, the clothing chosen must be able to handle getting wet, so we have some rules. No jeans and no cotton (cotton t shirts are acceptable, but not desirable), cotton when wet will stay wet for a decently long time, and lose all of its insulating properties. For alternatives,

Ny/Co, or Po/Co are alright, along with any of the technical synthetic fibers (Fleece, Techwick, UnderArmor, etc), and the old standby of wool (wool, particularly merino wool is actually one of the best fibers available for hiking. It's major negative is not drying off as quickly as synthetics, but it insulates well while being wet, can be wrung out, and is highly odor resistant).

Zipoff pants are OK instead of long pants and shorts. Underwear is a personal thing. How many pairs you need is up to you, we recommend one or two as a balance between comfort and weight/space, but you can also take four if you want a new pair every day and one for after the hike. Raingear can be expensive, so we do not expect you to get the best there is. We would however like you to look at an outdoor store like EMS or REI, almost anything they carry will be appropriate and the staff will be happy to help you. As mentioned, you cannot go on the trip with PVC raingear, in the best case the wearer will simply be incredibly uncomfortable (and likely very hot as it does not 'breathe'), and in the worst case they are put in a position where hypothermia becomes a real concern.

Utilities:

- Flashlight or Headlamp, extra batteries
- Bugspray and Suntan lotion
- Personal toiletries (you can't go without a toothbrush and deodorant, remember to bring menstrual products if necessary)
- Light shoes for hut use (sandals or slippers)
- Money (you need enough for day 1 breakfast, day 3 dinner, and a tip for the hut crew of at least 5 dollars.) Money for day 2 lunch and souvenirs is optional.
- Hand Towel, or small hiking towel
- Sleepsack (Also referred to as sleeping bag liner, can be bought at EMS or REI, or made from a sheet sewn together)
- A few feet of duct tape rolled up
- Medication or braces as needed

Optional:

Camera (recommended), toilet paper (almost completely unneeded, the hut and summit have it, and between leaves are generally plentiful), tissues, bandanna or extra hat, sunglasses, balaclava gator or scarf (one of these is recommended), Clean clothes for the last day, a SMALL book (the hut has some, and that is the only place you have the option of reading), Notebook and Pen/Pencil, anything else that is small and light (run it by the leaders first) remember the old adage:

Ounces are pounds, and pounds are pain. Bring as little extra weight as you can, and your back will thank you at the end of the trip.