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. If hiking, it is essential that you break in your hiking boots!

- When synthetic is indicated, please do NOT bring cotton or cotton blend. It absorbs moisture and will not keep you warm when it is wet.
- 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 rented. Please see Rental Request form.

MANDATORY PERSONAL ITEMS

Upper Body
- Synthetic long underwear top
- Wool sweater or fleece jacket
- Waterproof jacket (Coated nylon is fine. Gore tex is not necessary)
- T-shirt (2 max, at least one synthetic recommended)

Lower Body
- Synthetic long underwear bottom (1 pair)
- Water resistant/windproof pants (nylon is fine)
- Shorts (1 pair synthetic recommended)
- Underwear/ Sports bra (synthetic recommended)
- Bathing suit

Head and Toe
- Wool or fleece hat (baseball caps don’t count)
- Wool or synthetic socks (3 pair, no cotton!)
- Camp/Swimming shoes (NO flip flops! Shoes MUST have a backstrap, i.e. Tevas, Chacos, Crocs with heel strap)
  - Bare feet are NOT allowed! Foot injuries will severely impact the trip. Bring camp shoes for time off trail and swimming.
- Broken in hiking boots

A word or two about your boots:
- They are your most important piece of gear.
- You have two options 1) Break them in or 2) don’t break them in and have painful, persistent blister.
- They should fit properly with the socks you will be wearing so you can hike long distances with a 40-50 lb backpack.
- Boots should be over-the-ankle, designed for hiking and backpacking and treated for waterproofness. Below the ankle boots are not acceptable as they don’t provide adequate support.
MANDATORY EQUIPMENT

- *Backpack (minimum size for internal frame = 4,500 cubic inches, for external frame = 3,000 cubic inches)
- 2 large plastic bags (Heavy duty to line pack for “waterproofing” gear)
- *Synthetic sleeping bag with compression sac (rated to at least 30 degrees F)
- *Sleeping pad (i.e. ensolite, ridge rest, thermarest)
- *Flashlight/headlamp (lightweight with extra batteries)
- *2 Water Bottles (1 qt. each with screw on cap, no breakable plastic)
- Bowl and Spoon (lightweight and plastic. Tupperware with lid works great)
- Sunscreen, chapstick, & insect repellent
- Toothpaste and toothbrush (we recommend travel size)
- If applicable:
  - Contacts, solution, glasses
  - medication
  - tampons/pads (please bring extra as the high level of activity can change your menstrual cycle)
  - Spare glasses/contacts

STRONGLY RECOMMENDED ITEMS (You’ll thank us)

- Sun hat
- Pack towel (synthetic absorbent towel)
- Sunglasses (with UV protection)
- Bandana
- Glove liners

OPTIONAL ITEMS

- Crazy creek/camp chair
- Gaiters (keep dirt out of boots)
- Pocketknife
- Book/ Journal
- Camera
- *Hiking Poles
- Fleece Pants/ heavy long underwear bottoms

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


DO NOT BRING THESE ITEMS Carrying or using these items will result in immediate dismissal from the trip.

Alcohol, Unprescribed drugs, cigarettes, chewing tobacco

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