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. Here are some things to keep in mind:

- **You must break in your hiking boots/sneakers!**
- 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.
- Keep clothing and equipment to a minimum and as light as possible. In many cases, this can mean buying the cheaper or simpler gear option. (For example, rain pants should not have full-length zippers and fleece jackets should not have armpit zips.)
- 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 Clarification” PDF located on the Wilderness Adventure website.

### MANDATORY CLOTHING

#### Upper Body
- (1) Synthetic long underwear top—long sleeve
- (1) Synthetic long underwear top—short sleeve
- (1) Fleece or lightweight insulated "puffy" jacket
- (1) *Lightweight rain jacket
- (1-2) Sports bra (Use your judgment re: quantity)
- (1) Lightweight gloves (To keep hands warm at night)

#### Lower Body
- (1) Synthetic mid-weight long underwear bottom
- (1) Lightweight rain pants (Coated nylon is fine. Gore-Tex is NOT necessary)
- (1-2) Shorts (Synthetic)
- (1x/day max.) Underwear (Synthetic recommended. Use your judgment re: quantity)

#### Head and Feet
- (1) Wool or fleece hat
- (2) Wool or synthetic socks (See shaded box below)
- (1) Camp/water shoes/sandals (Crocs are lightest/best)
  - 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) Light hiking boots/trail hikers (Fabric waterproof boots are best, leather is okay)

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### A word or two about your trail sneakers/boots and socks:
- They should fit properly with the socks you will be wearing so you can hike long distances. Varying thicknesses of socks will allow you to have a comfortable fit as your feet swell. This is ESSENTIAL to prevent blisters.
- You can opt for rugged trail hiking shoes (under the ankle) with good tread, lightweight hiking boots OR over the ankle heavy-duty boots if you already own them.
- If you have WEAK ankles, you MUST bring over-the-ankle hiking boots.
MANDATORY EQUIPMENT
☐ (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/retainers
☐ (1 each) Sunscreen, lip balm (Travel size)
☐ (1) Toothpaste and toothbrush (Travel size)
☐ If applicable:
  o Contacts, solution, glasses (Bring extra contacts)
  o Medications
  o Tampons/pads (Please bring extra as the high level of activity can change your menstrual cycle)

OPTIONAL ITEMS
☐ (1) Bandana
☐ (1) Camera
☐ (1) Tiny journal and pen
☐ (1) Pack towel (Synthetic and small to medium size)

Outdoor Ed will provide the following lightweight items. If you own any and want to use your own, please bring them:
• Lightweight Gossamer Gear or GoLite Backpack
• Lightweight down sleeping quilt
• ¾ length foam sleeping Pad
• Lightweight rain jacket
• 2 1-liter “lightweight” Gatorade bottles
• Trekking poles
• Gaiters
• Insect Repellant

Note on purchasing gear: The above items provided by Outdoor Education are designed specifically for your lightweight trip. If you already own lightweight versions of these items, please bring them along and we'll decide if they are the best choice for your trip. If you don't already own them, there is no need for you to purchase these items specifically for this trip.

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.