

PERSONAL ITEMS REQ'D FOR WHITE MT. CAMPING/HIKING TRIP (MJC EDIT)

CLOTHES/ITEMS (W = WEAR, AND/OR P = PACK THE NUMBER OF ITEMS INDICATED)

Try to avoid any cotton including socks and even underwear. It holds moisture against the skin and is cold; damp cotton socks WILL promote blisters. Synthetic t-shirts, and briefs or boxers are available at stores like Maynard Outdoor, MVP etc. Expect evening temperatures upper 20's low 30's.

- W P 2 pair of socks; Avoid cotton! (Blisters!)
- W P 2 pair of underwear
- W P 2 T-shirts
- W/P 1 long-sleeve button type shirt
- W/P 2 insulating medium/heavyweight layers; 1 if second is parka type. See below
- W/P 1 windproof or windproof insulated layer
- P 1 waterproof rainjacket or poncho; jacket (not poncho) can/should also be your windproof layer
- W /P 1 pair long pants
- P 1 **winter** hat
- P 1 pair gloves
- W /P 1 pair shorts (optional)
- P 1 pocket knife (no sheath knives)
- W P 1 pair of sturdy boots for hiking and 1 pair of sneakers
- P 1 compass (optional)
- P 1 pair sweat pants/ long underwear or PJ=s (dry sleeping outfit)
- P 1 handkerchief (cloth)
- P 1 small, bright flashlight (new battery, 1 or 2 AA cells)
- P 1 sleeping bag. **MUST BE A warm 3 OR 4 SEASON BAG.**
- P 1 foam pad/air rest pad for sleeping comfort (optional)
- P 2 canteens/water bottles; about 2 Qt total
- P 1 small washcloth and towel
- P 1 toothbrush & small toothpaste
- P 1 spoon (do not bring fork & knife)
- P 1 cup
- P 1 light plastic plate/bowl
- P 2 large plastic garbage bags (big enough to cover your pack)