



Glen Brook White Mountain Hiking Trip Information and Health Advisory

Glen Brook leads hiking trips into the White Mountains as part of its rigorous wilderness-skills program. In order to participate on Glen Brook's White Mountain Hiking Trip, please have a doctor review the following information (**a separate doctor's visit is not required!**) and affirm that your child is of sound health and fitness and can reasonably tolerate the following conditions:

- Terrain is rough, rocky, and slippery;
- Daily hikes are several miles in duration with considerable elevation gain;
- Total elevation will exceed 6,000 feet;
- Each participant must carry an estimated 40-pound backpack;
- Mountain conditions can include sub-freezing temperatures even in summer and early fall, strong winds, rain, snow, and ice;
- Each participant is expected to perform the above physical activity and be a supportive member of the group.

Participant name: _____

Doctor name: _____

Doctor signature: _____ Date: _____

Restrictions on the above activity (please describe):

Parents:

I have read the above information and understand the risks involved in my child's participation in the White Mountain trip. By signing below, I affirm that I understand that these risks pose the possibility of serious injury.

Signature _____ Date _____

Please mail or fax:

Program Director Camp Glen Brook 35 Glen Brook Road, Marlborough, NH 03455 fax: 603-876-3763
Mark@GlenBrook.org

Packing List for Backpacking Trips



If you do not come to Glen Brook with the required items, you may be unable to participate. Items in bold are crucial.

Required:

- 4-5 tee shirts (synthetic—not cotton)
- **1 set (top and bottom) long underwear--wool or synthetic**
- 1 synthetic long sleeve shirt
- 2 - 3 long pants (zip-off types are nice in changing weather conditions. Synthetic athletic pants are good also)
- **At least three pair wool or synthetic hiking socks – very important!**
- 1 pair shorts
- 5 pair undergarments
- **Rain gear - tops and bottom, either Gore-Tex, rubber, vinyl or coated nylon, not breathable nylon.**
- **Sturdy hiking shoes (not keds, converse, or basketball sneakers. Shoes must be broken in. Call if unsure!**
- Comfortable camp shoes (slip on or flip flop type—eurhythmy slippers are perfect!)
- **Wool or fleece hat**
- **Gloves**
- **Two sweaters. Polar fleece, wool, soft shell NO COTTON SWEATSHIRTS**
- Sleeping clothes (appropriate to wear outside—can be your long underwear)
- Towel (synthetic, wring-able towels are ideal)
- **Backpack 2500-3500 cubic inches. (Glen Brook has a limited supply to borrow—call for details)**
- Sleeping bag (not cotton) with stuff sack (mummy type is best)
- **2 One liter water bottles** – (A Camelback-type system is great, but you **MUST** bring a bottle because camel backs often break)
- Small unlined journal with pens, pencils (colored are nice)
- Personal hygiene kit
- Medications (Contact your teacher for information on how these are handled)
- Small flashlight (headlamp is best)
- Sunscreen: SPF 30 or better
- Bug repellent

Recommended

- Camera (disposable are good)
- Reading materials for down time
- Lightweight binoculars

Things to leave at home:

- Personal Video Games
- ipods
- Cell Phones (may be checked in at the Camp office)
- Money

***Good sources for inexpensive gear are www.campmor.com , www.sierratradingpost.com. With backpacks it is important to have it fitted to your child's size, so please check with manufacturer for fitting instructions.