

Packing List for White Mountain Backpacking Trip



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—eurythmy 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
- 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.