

Below is a list of required gear for our upcoming teen trip. Be aware that most people bring too much gear. Please try to pack as light as possible while still being prepared:

<u>Required Clothing:</u>			
	<u>OUTER LAYERS:</u>	<u>MIDDLE LAYERS:</u>	<u>INNER LAYERS:</u>
<u>Top:</u>	<input type="checkbox"/> Waterproof Shell - Gore-Tex or other	<input type="checkbox"/> Sweater/Jacket – Fleece or Wool	<input type="checkbox"/> Poly, Wool, etc.
<u>Bottom:</u>	<input type="checkbox"/> Waterproof Pants - Wool or Gore-Tex	<input type="checkbox"/> Pants – Fleece or Wool	<input type="checkbox"/> Long Underwear – poly or wool
<u>Head:</u>	<input type="checkbox"/> Warm Hat - a <b>MUST!</b> (fleece, fur, wool)	<input type="checkbox"/> Fleece or wool scarf	
<u>Hands:</u>	<input type="checkbox"/> Gloves/Mittens - 2 pair (wool, Gore-Tex or poly)		
<u>Feet:</u>	<input type="checkbox"/> Double Boots/Pack Boots (Sorel type with removable liner)	<input type="checkbox"/> Wool Socks – at least 3 pair	
<u>Personal Gear:</u>		<u>Camping Gear:</u>	
<input type="checkbox"/> FULL Water Bottle(s) – at least 1 quart total capacity <input type="checkbox"/> Hearty Lunch for Day 1 <input type="checkbox"/> Favorite Healthy High Calorie Snacks – please limit or exclude candy <input type="checkbox"/> Personal Toiletries <input type="checkbox"/> Sunglasses for snow glare <b>If applicable:</b> <input type="checkbox"/> Eyeglasses and/or contact lenses & spare <input type="checkbox"/> Medicine		<input type="checkbox"/> Sleeping Bag – warm mummy-style. If not winter-rated, bring 2 lighter bags. <input type="checkbox"/> Sleeping Pad - closed-cell foam pad or Therm-a-rest (cabin has hardwood bunks, no mattresses) <input type="checkbox"/> Headlamp or Flashlight (+ extra batteries) <input type="checkbox"/> Meal “Mess Kit”- Plate, Cutlery, Metal “Tin” Cup (for hot/cold drinks to use over the fire)	
<u>Essential Extra Gear:</u>		<u>OPTIONAL Gear:</u>	
<input type="checkbox"/> Sturdy Snow Sled – with tow rope & good lip (no flat sleds) <input type="checkbox"/> Snowshoes - with traction <input type="checkbox"/> 20’ of Nylon Rope		<input type="checkbox"/> Small Journal & Pencil <input type="checkbox"/> Lip Balm / Chapstick <input type="checkbox"/> Warm Cabin Shoes (other than big boots – the floor is cold)	

*~ All Electronic Devices are to Stay at Home (watches, cell phones, ipods, gaming devices, etc.) ~*

***Winter woods in the Whites are a magical, fun, adventurous place to be.  
Be well prepared for your trip with proper gear, clothing & attitude!***

