White Mountain Ramble
Gear List

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.

### Proper Clothing:
- 1 - Non-cotton T-Shirt
- 2 - Shorts
- 3 pair - Non-cotton socks
- 4 - Underwear
- 1 - Long Sleeve Shirt
- 1 - Long Pants - preferably zip-off type
- Non-Cotton Long Underwear - top & bottom
- Bathing Suit
- Warm hat - wool or fleece
- Warm jacket or sweater wool or fleece
- Rain jacket & rain pants
- Light camp shoes – Crocs or other closed-toed shoes
- Broken-in footwear
  - Comfortable sneakers with arch support or hiking boots)
  - Do NOT wear new hiking boots.

Please pack as much NON-Cotton as possible (such as wool or fleece)

### Camping Gear:
- Sleeping bag
- Sleeping pad
  - Closed-cell foam pad or Therm-a-rest
- Headlamp & extra batteries
- Meal “Mess Kit” - plate & cutlery
- “Tin” cup for hot drinks over the fire

### Personal Gear:
- Toothbrush
- Deodorant
- Bandana

If applicable:
- Eyeglasses and/or contact lenses & spare
- Medicine

### Essential Extra Gear:
- Hiking backpack large enough for gear
  - MUST have sternum strap & padded hip belt
- Small tarp - 6’x 8’ poly or nylon
- 50’ Parachute cord
- Head net - highly recommended and/or bug spray
- Metal or plastic water bottle(s) – 2 quarts total

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

☑ Your one person, bug-proof hammock tent is included in your trip cost – We’ve got you covered.

### Reminder: Pre-Trip Meeting
This is a mandatory meeting for participants.
Please bring all personal gear to the pre-trip meeting. Trip gear will be reviewed with the hikers to ensure they have everything needed for a positive experience on the trail. The group will also map out their trail route during this valuable time together.

**Meeting Time:** 6:00pm – 7:30pm  
**Meeting Date:** Saturday, August 1, 2020  
**Meeting Location:** 170 Cider Hill Road, York, ME 03909

Trip Questions? 207.361.1911 ~ stefan@whitepineprograms.org