



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)*

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

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

OPTIONAL Gear:

- Small Journal & Pencil
- Sheath Knife or Locking Blade Knife
- Compass

~ 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