APPALACHIAN MOUNTAIN CLUB
SINCE 1876

AMC Summer Lodge-Based Program Packing List

A Mountain Classroom Packing List Winter AMC Backcountry Hut Programs In order for you/your child to make the most of their Appalachian Mountain Club experience, proper clothing and equipment are essential. Weather in the White Mountains tends to be colder, wetter, and windier than at lower elevations. The White Mountains have received snow in every month of the year, with winter-like conditions occurring in the spring and fall. Ensuring that your child is well-prepared will help make the trip both more comfortable and a more enjoyable learning experience. **We do NOT expect participants to go out and purchase all the items on the clothing list. Items with an * can be borrowed from the AMC.**

For clothing, we use a layering system. The first layer is the wicking layer, a thinner, tighter fitting layer of polypropylene or other synthetic material, which pulls moisture away from the body. The second layer is the insulating layer, usually fleece or wool, which keeps the body warm. Finally, the outer layer, or shell, includes wind-proof and water-proof pants and a jacket. Layers can be added or removed depending on conditions. Synthetic or wool fabrics work best in the outdoors because they hold less moisture, dry rapidly, and hold body heat better than other fabrics. Cotton does not work as an insulating layer. It is heavy and loses up to 80% of its insulating ability when wet. Wet cotton clothing can cause hypothermia, a potentially dangerous situation**. Cotton is fine for indoor use but is NOT adequate for protection in a cold and wet environment. Please check the tags on clothing!**

Items with an ** can be borrowed from the AMC in most cases

Equipment for All Summer Lodge-Based Programs:

- ◊ **Durable rain gear, fully waterproof (jacket with hood and pants)
- ◊ **Hiking boots or shoes with sturdy sole and ankle support (sneakers are okay)
- ◊ **Day pack (school backpacks work fine!)
- ◊ **1 warm wool sweater or fleece
- ◊ 2 t-shirts for hiking (synthetic)
- ◊ 1 pair of pants and 1 pair of shorts for hiking (nylon or polyester—no jeans or sweatpants)
- ◊ Synthetic or wool hiking socks (1 pair/day)
- ◊ 2 water bottles (quart or liter sized and re-used plastic soda or juice bottles are great)
- ◊ Extra socks and underwear
- ◊ 1 pair of pants and 1-2 shirts for indoors (jeans and sweatpants okay)
- ◊ Toiletries (toothbrush, toothpaste)
- ◊ Pajamas or sleeping clothes
- ◊ Sneakers or comfortable lightweight shoes for around the lodge and free time
- ◊ **Bagged lunch!**

****Bed linens and towels provided at Roadside Lodge Facilities****

Optional Items:

- ◊ Compass
- ◊ Camera (in plastic bag)
- ◊ Sunglasses
- ◊ Sunscreen
- ◊ Bandana
- ◊ Book or Journal

Items that should stay at home:

- ◊ Cell phones (Unless school allows)
- ◊ iPods or MP3 players
- ◊ Portable video games
- ◊ Lighters/matches
- ◊ Knives
- ◊ Food (other than lunch on the first day)