



A Mountain Classroom Packing List for Spring & Fall **Lodge-Based** 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. Insuring 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 of the items on the clothing list. **Items with an * can be borrowed from the AMC in most cases; please speak to your child's teacher about your specific needs so gear can be arranged ahead of time. Thank you for your attention to preparedness!**

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!

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Equipment for <u>All Roadside Spring/Fall Lodge-Based Programs</u> :	For Programs in November or April:
<ul style="list-style-type: none"> ◇ Face coverings (at least one per day) ◇ *Fully <u>waterproof</u> jacket with hood ◇ *<u>Waterproof</u> pants ◇ *Hiking boots/shoes with sturdy sole & ankle support (sneakers are okay) ◇ *Day Pack (school backpacks work fine!) ◇ *Warm hat ◇ *Gloves or mittens ◇ *1 warm wool sweater, fleece or insulated jacket ◇ *Long underwear (polypropylene/polyester long sleeved shirt & pants—no cotton, please!) ◇ 2 T-shirts for hiking (synthetic is great, cotton is fine!) ◇ Lightweight pants for hiking (nylon or polyester athletic pants—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 for indoors (jeans or sweatpants okay) ◇ 1-2 extra shirts for indoors ◇ Pajamas or sleeping clothes ◇ Toiletries (toothbrush, toothpaste, shampoo and soap) ◇ Sneakers or comfortable lightweight shoes for around the lodge and free time ◇ *Sleeping Bag (<i>For Little Lyford Pond Camps and Harriman programs only</i>) 	<ul style="list-style-type: none"> ◇ *Insulated winter boots ◇ *Fleece pants <p style="margin-top: 10px;">Optional Items:</p> <ul style="list-style-type: none"> ◇ Compass ◇ Camera (in plastic bag) ◇ Binoculars ◇ Sunglasses ◇ Sunscreen ◇ Bug Repellent ◇ Bandana <p style="margin-top: 10px;">Items that should stay at home:</p> <ul style="list-style-type: none"> ◇ Cell phones ◇ iPods or MP3 players ◇ Portable video games ◇ Lighters/matches ◇ Knives ◇ Food (other than lunch on the first day)
<p>** Bed linens and towels provided at all other Roadside Lodge Facilities**</p> <p>◇ <u>Bagged lunch for the first day!</u></p>	