

Wilderness Heals 2017 Equipment List **FULL Equipment List – 3-Day Weekend**

You must have all the following clothing and equipment in order to participate in Wilderness Heals and training hikes. Although lengthy, you may find you already own most of the items on this list. Let us know what you already own or can get (by borrowing, buying or renting). Every attempt will be made to assist hikers for whom purchasing or renting equipment presents a financial hardship.

Required Items - Hiking Essentials

Internal or external frame backpack (w/ padded hip belt, padded shoulder straps, at least 3,000 cu. in.)
2 large heavy duty trash bags – one to line backpack with and one extra
Lightweight sleeping bag OR sheet for sleeping in hut
Sturdy, comfortable, waterproof hiking boots meant for multi-day trips while carrying a frame pack
Emergency whistle
Headlamp or flashlight, with extra batteries and extra bulb
Enough food for three days of snacks/lunches (only 1 day's food needed for training hikes)
Water – 96 oz. total (either 3 nalgene-type bottles or bladder-type system – i.e. CamelBak)

Required Items - Clothing

2 prs. hiking socks (wool, smartwool, or polypro - no cotton)
Synthetic underwear bottoms and sports bra (silk, polypro, nylon - no cotton)
Wicking long underwear bottoms & tops (polypro, capilene, bergaline, silk, etc. - no cotton or cotton-blends)
Waterproof jacket with hood (coated nylon w/ventilation or Gore-Tex – no ponchos)
Waterproof pants (coated nylon w/ventilation or Gore-Tex)
Fleece or wool hat (no cotton)
Synthetic Glove liners
Warm and insulated outer gloves or mittens
Insulating fleece/sweater (fleece or wool, no cotton)
1-2 polypro/nylon quick-dry T-shirts (no cotton)
1 pr. polypro/nylon quick-dry shorts OR zip-away pants (no cotton)
Bandana

Required Items - Personal

Toiletries kit and small washcloth/towel
Identification (i.e. driver's license) & health insurance card
Mini first aid kit with Band-Aids, ibuprofen, moleskin for blisters
Three-day's supply of any prescription medications (bring extra if you can)
Sunscreen & bug repellent
AMC White Mountain Guide photocopied trail descriptions & map(only the trails you will be hiking) ±

Other Suggestions - Comfort Items(These items are a matter of personal preference, but some will come in handy.

For your reference only, check off those you plan to bring, or ask advice if you're not sure.)

Compass Lightweight Binoculars Pocket knife Sunglasses & sun hat Extra boot laces
Gaiters-to keep mud out of boots Zip-lock bags Powdered energy drinks Journal & pen Lipbalm
Trekking pole or poles Lightweight camera Ear plugs Cash for purchases in the huts Rain cover for pack
Glasses/contact lens accessories 1pr sock liners (wool, smartwool, polypro - no cotton) Water filter or purification tablets Clothes for comfort & warmth at hut (cotton OK) Extra shoes for when you change out of your boots (tevas, crocs, flip flops)

Note: When fully packed you should still have enough extra room in your backpack for a share of group gear.

Note: Participants on the Backcountry Camping route will be required to carry additional gear. Specifics will be discussed once the Backcountry Camping team is finalized.

±A free trial of the AMC White Mountain Guide is available at:

<http://www.outdoors.org/publications/books/wmg/wmgonline.cfm>.