

Wilderness Heals Equipment List

You must have all the following clothing and equipment in order to participate in Wilderness Heals and any training hikes.

Although lengthy, you may find you already own most of the items on this list. Indicate 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. Please check “need assistance” ONLY if you’d like this help. The importance of this clothing and gear will be reviewed at hiker and safety meetings.

Required Items - Hiking Essentials

	<u>I own this/I can get it</u>	<u>I need assistance</u>
Internal or external frame backpack (w/ padded hip belt, padded shoulder straps, at least 3,000 cu. in.)	<input type="checkbox"/>	<input type="checkbox"/>
2 large heavy duty trash bags – one to line backpack with and one extra	<input type="checkbox"/>	<input type="checkbox"/>
Lightweight sleeping bag OR sheet for sleeping in hut (<i>Note</i> : not required for front country)	<input type="checkbox"/>	<input type="checkbox"/>
Sturdy, comfortable, waterproof hiking boots meant for multi-day trips while carrying a frame pack	<input type="checkbox"/>	<input type="checkbox"/>
Emergency whistle	<input type="checkbox"/>	<input type="checkbox"/>
Headlamp or flashlight, with extra batteries and extra bulb	<input type="checkbox"/>	<input type="checkbox"/>
Enough food for three days of snacks/lunches (only 1 day’s food needed for training hikes)	<input type="checkbox"/>	<input type="checkbox"/>
Water – 96 oz. total (either 3 nalgene-type bottles or bladder-type system – i.e. CamelBak)	<input type="checkbox"/>	<input type="checkbox"/>

Required Items - Clothing

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

Required Items - Personal

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

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.)

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