**AMC NH CHAPTER SPRING SCHOOL INTERMEDIATE BACKPACKING GEAR LIST**

The following gear list outlines minimal requirements for the Intermediate Backpacking Group. We do not expect you to purchase all of the items listed here. There are outdoor gear stores like EMS where you can rent some of the required gear such as a tent. Other items you may be able to borrow from a friend or one of our instructors. We do not expect you to run out and buy all of the items listed, but the more you have the better. Items on this list with an asterisk \* are required. If you have any questions about this group or gear requirements do not hesitate to contact Bob Humphery can be reached at 603-456-3708 or [bobh@mcttelecom.com](mailto:bobh@mcttelecom.com) Rick Silverberg can be reached at 603-225-5921 or [synergc@aol.com](mailto:synergc@aol.com)

* **\* Tent;** one or two person, preferably free standing
* **\* Closed Cell foam sleeping pad;**
* **\* Self inflating sleeping pad;** If you bring two closed cell foam pads you can forego the expense of the self inflating pad but we do believe you will be warmer if you place a self inflating pad on top of a closed cell pad.
* **\* Sleeping Bag;** you need a sleeping bag with a minimal +20 degree rating
* **\* Backpack;** You will need a very large pack to carry all of the gear listed here. You will need a little extra room in your pack to help carry group gear and food items. Generally this means you will need a pack that holds at least 4,000 cu. in. of gear.
* **\* Headlamp(s) & Batteries;** Two LED light weight headlamps are often a good idea, but you will only need one. Make sure you have fresh spare batteries.
* **\* Bowl, Cup, Spoon, Fork, or Spoon/Fork combo (Spork)** You can get these items at an outdoor store or on the internet.
* **\* Water Bottles;** you will need two wide mouth 1 liter water bottles even if you use a bladder system for hiking. The bottles are needed to measure water and for filtered water
* **\* Water proof matches & lighter**
* **\* Several Gallon Size Zip Lock Bags & 2 Garbage bags**
* **\* Orienteering Compass;** Silva and Suunto make nice ones
* **\* Parachute Cord;** fifty feet
* **\* Bungee Cords, Strapping;** some method of fastening gear to the outside of your pack. Typically the tent and sleeping pad(s) are attached to the outside of the pack.
* **\* Personal First aid kit with :** lip balm, sun screen, blister care, and personal medications
* **Trekking or Ski poles;** Veryhelpful but not required
* **Plastic Sheeting:** You will be more comfortable if you bring two sheets of plastic or house wrap material that are cut to fit under your tent and on the tent floor. These pieces will help protect you and your tent from the moist cold ground and rain water. You can usually buy a tent foot print as an accessory. If you have your tent’s foot print you would only need material for your tent floor.
* **\* Stuff Sacks;** to store food, gear and clothing in your pack. A stuff sack filled with some soft layers can make a pillow
* **\* Knife/Multi Tool;** most people own a pocket knife if you do bring it. If you own a multi tool bring it too. **\***
* **\* Trail Saw**; A trail saw will make setting up a tent site much easier.
* \***Plastic Backpacking shovel**
* **Backpacking Pillow;** you can find information about these on the internet
* **Alarm clock;** small portable battery operated alarm clock. **Note:** There is no cell service at Cardigan if you are going to rely on your phone make sure to bring its charger so you can charge it during the time you are in the lodge.
* **Water Filter;** If you have one bring it, if not do not buy one for this workshop.
* **Stove & Fuel;** only if you already own it.
* **Cook Set;** only if you already own it
* **Large Backpacking Spoon and Spatula;** only if you already own it.
* **Backpacking Frying Pan;** only if you already own it.
* **Candle Lantern;** These are kind of nice for around the camp site. They can be found at outdoor stores. You can buy 9 hour candles for them. Bring it if you have it.
* **Camp site tarp;** The bigger the better but note the bigger the tarp the more it weighs. It would be very helpful if you had a decent sized backpacking tarp. Check with you instructor for this.

**Clothing:**

The listed clothing is required, no asterisk appears with these items. It can be quite chilly at Cardigan at the end of April. Participants will need several layers of clothing to stay warm. Remember you will be outside for the whole weekend! Depending on the weather some of these items may not be necessary but you should still have them. If there are some pieces not needed you will be able to store them in your car or in the lodge. None of your layers can be made of cotton! Participants will want multiple layering options. Typically you hike in one set of cloths and carry a dry set of clothing for use at the camp site. Wet or damp cloths will be uncomfortable when hanging around the camp site, so a change of clothing is highly recommended.

**Fleece or Wool Hat;** The hat should cover your ears

**Neck Gaiter**

**Baseball hat**

**Thin gloves**

**All synthetic underwear**

**Long underwear** synthetic or wool

**Long hiking pants,** convertible pants, wool pants or soft shell pants

**Shorts** If it’s real nice you may be more comfortable in them

**Base layer(s)** synthetic or wool the base layer should wick moisture away from your body

**Insulating layer(s)** Typically 100 weight fleece, wool shirt, or pull over

**Thick layer;** typically 200 weight fleece

**Synthetic or Down jacket;** synthetic works better than down in damp conditions

**Outer Shell with Hood;** wind/water resistant

**Wind/Rain pants;** preferably full side zip rain pants EMS Thunderhead pants are an example.

**2 minimum Synthetic Liner socks;** typically a very thin socks that wick moisture away from your feet.

**2 minimum Heavy Hiking Socks;** Wool or synthetic

**Hiking Boots;** Participants will need good heavy duty hiking boots to help support the extra weight that a Backpacking Trip requires.

**Summer or Winter Gaiters;** Not required but they would be very helpful

**Food**

You will need a lunch for Saturday and trail snacks for both days. Lunch on Sunday is served around 3 PM. You will be eating Saturday dinner, and Sunday breakfast at your camp site. If you have a restrictive diet you will want to bring foods you can eat that satisfy your dietary needs. Your instructors will be supplying all meals but you will need to help pack it in. You will also need to pack out refuse from your site on Sunday.

Your instructors should contact you before this workshop to help you prepare. Rick or Bob can help you if you have questions or you can wait for your instructors to contact you.

**2.10.18**