**AMC NH CHAPTER SPRING SCHOOL**

**LEADERSHIP and MOUNTAIN SKILLS**

**Gear List**

* **Boots or Trail Shoes:** Good sturdy hiking footwear
* **Closed Cell Foam Pad**
* **Trekking Poles or Ski Poles** not required but highly recommended
* **Summer Gaiters:** not required but highly recommended!
* **Headlamp:** (with *fresh* spare batteries)
* **Personal First Aid Kit:** (with personal medications)
* **Skin care:** Lip Balm, Sunscreen, Blister care (moleskin) New Skin etc.
* **Bandana:** 2 minimum
* **Knife or Multi-tool**
* **Extra Boot laces and Gear Straps:** (2 straps minimum)
* **Large Garbage or Compactor Bags:** (compactor bags work best 2 minimum)
* **Water Bottles:** 2 Large mouth 1 liter Nalgene bottles minimum (water bladder systems are acceptable 70 oz. minimum)
* **Orienteering Compass:** Silva and Suunto make good ones. Suunto M-3 model is excellent.
* **Plastic Whistle**
* **Water Proof Matches and Fire Starter:** (a votive candle works well as a fire starter)
* **Personal Equipment Repair kit:** (duct tape, cable ties, parachute cord, etc.)
* **Eye Protection**: Sunglasses, Safety Glasses, Prescription Glasses, or Goggles (This group will be bushwhacking all weekend so eye protection is mandatory)
* **Emergency Group Gear:** Bring any of these items that you own

\* Emergency Tarp with grommets: “Grabber” makes a nice one

\* 50’ Parachute cord: for use with the tarp to make a shelter

\* Stove, Fuel, Pot: Jello or Sugary substance for making a sweet drink

\* Waterproof/Resistant Bivy Sack:

\* Shelter: Bothy Bag, tent fly, kids 12’ Parachute

\* Trail Saw

**Clothing**

**NOTE:** All clothing, including underwear, used for hiking must be made of wicking materials! Wicking material means that the fabric will move moisture away from your body toward your outer layers thus helping to keep you warm and dry. These layers are typically synthetic or synthetic wool blends. Wool layers are acceptable. No clothing made of Cotton is acceptable for hiking/ outdoor activities.

**Upper Body**

**Underwear and Long underwear**: All underwear for use outside will be made of wicking material usually meaning synthetic material.

**Base Layer:** Base layers are normally thin synthetic long sleeve pull over’s. Some people like a thin synthetic “T” shirt followed by the thin long sleeve base layer.

**Insulating Layer(s**): Insulating layers are normally thicker than base layers. Some are synthetic, a synthetic wool combination, or wool. 100 weight fleece is an example of an insulating layer.

**Thick Insulating Layer:** Thick insulating layers are typically thick synthetic or wool pull over’s, thick wool shirts or sweaters, 200 weight fleece is an example. Some people will carry this layer in their pack as an extra layer to put on when it gets cold, others will wear this layer along with the base and insulating layers and keep a thick insulating layer in their pack.

**Outer Shell:** The outer shell is typically a water and windproof/Resistant jacket with hood and is typically made of nylon or some blend of nylon.

**Hat:** Hats should be fleece or wool and cover your ears.

**Baseball Hat:** may be helpful if it’s warm

**Gloves:** thin pair of gloves like a liner glove or light fleece glove

**Lower Body**

**Underwear & Long Underwear:** Again underwear and long underwear need to be made of wicking material, typically made of synthetic material.

**Socks:** You will need two pair of thin liner socks and two pair of heavy wool or synthetic hiking socks. One pair to wear and the other kept in a zip lock bag in your pack. Some people will want three pair, one for Saturday, one for Sunday, and the other kept in the pack.

**Pants:** These should also be synthetic. Hiking pants, Convertible Pants, Soft Shell Pants, or Wool Pants. Jeans are made of cotton and are not acceptable

**Outer Shell:** typically water and windproof nylon. It’s best if these have full side zips. An example is the EMS Thunderhead rain pant. Suspenders can be very helpful with shell pants.

**Food**

**Trail Snacks:** Trail mixes, GORP, Nuts, Dried Fruits, String Cheese, Granola Bars, Pretzels, Goldfish, Candy Bars, etc. work well. (Note: Chocolate will melt in heat)

**Saturday Lunch:**. Due to the amount of time this group spends in the lodge during instruction this group does not typically have a formal lunch break. If you need a lunch you can eat it during instruction. You may be able to substitute lunch by snacking during group instruction and while hiking.

2.10.18