**AMC NH CHAPTER SPRING WORKSHOP**

**BEGINNER BACKPACKING GEAR LIST**

The following gear list outlines minimal requirements for the Beginner Backpacking Group. We do not expect you to purchase all of the items listed here. There are outdoor gear stores 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. The Beginner Group is where you will learn about the best gear to purchase so we do not expect you to have everything listed. 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 Humphrey or Rick Silverberg. Bob can be reached at 603-456-3708 or [bobh@mcttelecom.com](mailto:bobh@mcttelecom.com) Rick 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 above plus the rest of the gear listed here. 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 away with plastic spoon, fork, cup and bowl from a supermarket but you will find better at an outdoor store; sometimes lighter and more durable than cheap stuff from a supermarket.
* **\* 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;** Or 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;** helpful 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
* **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.
* **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, however it is not absolutely essential for this workshop, but is very helpful.

**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 for staying warm. 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

**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.

**Synthetic Liner sock;** typically a very thin sock to wick moisture away from feet. 2 pair.

**Heavy Hiking Sock;** Wool or synthetic, 2 pair

**Hiking Boots;** Participants will need a good heavy hiking boot to help with the extra weight of the pack.

**Summer Gaiters;** Not required but they could be helpful

**Food**

Most of your meals will be prepared by our kitchen staff. You will need a lunch for Saturday and trail snacks. Lunch on Sunday is served around 3 PM. You will be eating breakfast at your camp site on Sunday morning. If you have a restrictive diet you will want to bring foods you can eat for breakfast. Breakfast may consist of Oat Meal, Cream of wheat, Pancakes and possibly omelets, coffee, tea, hot coco etc. Sunday’s breakfast more or less depends upon how creative your instructors are.

2.10.18