**BEGINNER AMC NH CHAPTER SPRING WORKSHOP GEAR LIST**

Thank you for registering for our Spring Workshop! The following is a list of gear, clothing, and nutritional needs that participants taking our Beginner class will need. If you have any questions about anything on this list do not hesitate to contact Bob Humphrey or Rick Silverberg. Bob can be reached at 603-456-3708 or by email at bobh@mcttelecom.com Rick can be reached at 603-225-5921 or by email at synergc@aol.com Thank you for your interest in this workshop. We look forward to seeing you!

**GEAR:**

* **Hiking Boots or Hiking Shoes**
* **Liner Socks and heavier socks:** synthetic or wool 2 pair of each
* **Poles:** Either ski poles or trekking poles will be very helpful but are not required.
* **Backpack:** Capable of carrying all your needed clothing layers, food, water, trail snacks, and rain/wind gear.
* **Water Bottles:** You will need 2 one liter wide mouth water bottles or the equivalent in a bladder system; 70 oz. or better
* **Water Bottle Insulator:** not required but will help to keep your water cool
* **Closed Cell Foam Pad**: Helpful but not required. (Thermarest EZ Rest is a good one)
* **Headlamp & Extra Batteries:** Helpful but not required.
* **Personal First Aid Kit and any Medications you need**
* **Sunglasses, goggles, safety glasses or prescription glasses;** you will be doing some off trail navigation and will need some form of eye protection.
* **Protractor/Orienteering type Compass:** Suunto and Silva make good ones. They can be found at reputable outdoor stores or on line at Amazon or other online sites.
* **Pocket Knife or Multi-Tool:**
* **Summer Gaiters:** Very helpful, but not required. I

**FOOD:**

* **Trail Snacks:** Trail snacks such as Granola bars, Nuts, Dried Fruit, Trail Mix, GORP mix, cookies, brownies, etc. Something to give you a perk of energy.
* **Sandwiches:** Bring a sandwich for your Saturday lunch and any other food items you want to add for lunch.

**CLOTHING:**

NOTE: All clothing, including underwear, used outside 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 by itself works well but is heavy! Shirts, socks, pants, sweaters, and hats made of wool are acceptable. No Cotton is acceptable for hiking or 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:** 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, wool, or synthetic/wool blends. It can be a pull over, thick wool shirt, sweater, or thick zippered garment. 200 weight fleece is an example. You will carry this in your pack.
* **Outer Shell:** The outer shell is typically a water and wind proof jacket with hood and is typically made of nylon or some blend of nylon.
* **Hat(s):** You will want a fleece or wool hat just in case it’s chilly. You may also want a baseball style hat.
* **Liner Gloves:** You should bring a Liner or thin glove; again in case it’s chilly.

**Lower Body**

* **Underwear & Long Underwear:** Again underwear needs to be made of wicking material. Typically these are thin synthetic layers
* **Socks Liner Sock & Thicker Sock:** You will need two pair of thin liner socks and two pair of heavier hiking socks either wool or synthetic. 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. Pants can be pricey but you definitely need something to wear on your legs. Jeans are not acceptable! They could be fleece, wool, or soft shell pants. Most people prefer the soft shell pant. Although not ideal you could get away with a 60% wool, 40% cotton blend.
* **Outer Shell Wind/Rain Pants**: Typically water and windproof nylon. Full side zips are best. For the sake of this workshop whatever you may have will work.

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