**INTERMEDIATE 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 Intermediate 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 Shoes**:
* **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, typically 70 oz. minimum
* Water Bottle Insulators: Not required but if you bring water bottles they will help to keep your water cool.
* **Closed Cell Foam Pad**: Thermarest EZ Rest is a good one, but there are other types.
* **Headlamp & Fresh Spare Batteries:**
* **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.
* **Two Contractor type Garbage bags or Two Compactor bags:** Used to line your pack and for possible trail side emergencies.
* **Plastic Whistle:** Used to signal for help should you need it.
* **Waterproof Matches & Fire Starter:** Fire starters can be votive candles Fat wood, or wax covered lint from a laundry dryer.
* **Personal Repair Kit:** A small repair kit for performing repairs to gear. Typically this kit would contain duct tape, cable ties, parachute cord, spare pack buckles, strapping, small bungee cords, multi tool, etc.

**FOOD:**

* **Trail Snacks:** Trail Mixes, GORP, Granola bars, cookies, brownies etc. any type of snacks that will give you a quick boost of energy.
* **Sandwiches:** You will need a Saturday lunch typically a sandwich and any other foods to go with it like chips, fruit(s) cookies or whatever you like to eat 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 layers are acceptable. Nothing made of Cotton is acceptable for hiking or outside 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 shirt or sweater, or zippered layer; 200 weight fleece is an example. You will want to carry this layer 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..
* **Hats:** You should be carrying a fleece or wool hat just in case it’s chilly. You should also bring a baseball style hat
* **Gloves:** Liner gloves or light duty gloves should be in your pack again in case it’s chilly.

**Lower Body**

* **Underwear & Long underwear:** Again underwear and long underwear need to be made of wicking material. Typically these are thin synthetic layers.
* **Socks:** You will need two pair of thin liner socks and two pair of heavier 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.
* **Insulating layer:** typically a thicker long underwear sometimes referred to as expedition weight or 100 weight fleece for example.
* **Pants:** These should also be synthetic. Pants can be pricey but you definitely need some type of pants. They could be fleece, wool, or soft shell pants. Although not ideal you could get away with a 60%wool 40% cotton blend. Most people prefer the soft shell pant. Jeans are made of cotton and are not acceptable
* **Outer Shell:** typically water and windproof nylon. Wind/Rain pants with full side zips are best, but whatever you are now using for wind/rain pants will suffice for this workshop. Suspenders can be very helpful with shell pants.

**2.10.18**