

# AMC MOUNTAIN LEADERSHIP SCHOOL EQUIPMENT LIST

**Weather in the White Mountains is unpredictable and can change very rapidly. Conditions can be cold, wet and windy. Snow, gale force winds and sub-freezing temperatures can occur every month of the year. Being properly equipped for a wide range of weather conditions is essential for your and your group's safety and enjoyment.**

Waterproof and windproof outer jackets and pants are essential. Because cotton absorbs water and loses its insulating value when wet, **it is extremely important that your clothing is NOT cotton. Clothing must synthetic, wool, or a blend of both.** Also, remember that when traveling with a group, you may move slower than you typically do on personal trips. Be prepared to stay warm during sedentary time on trail and in camp.

**You must bring all required items on this list.** Bring only those optional items you think you will need. Keep in mind that you will be carrying your own gear as well as a portion of your group's gear. If you have any doubts about an item, bring it along and check with your instructor on Wednesday prior to heading into the field. Be prepared to leave optional items behind.

It is important to keep your clothing and gear dry for warmth, comfort and safety. Pack your clothing and gear in plastic trash bags and/or sealable storage bags.

*The \* indicates items that are available at the Highland Center for your use during the program. Please contact us in advance to reserve these items if necessary.*

Equipment		Quantity	Comments	√
<b>FEET</b>				
Hiking boots*	Required	1	Medium to heavy-duty boots made for backpacking; ankle height, lugged soles, properly fitted, waterproof, and broken in. No trail shoes or sneakers!	
Hiking socks	Required	2-3 pairs	Wool or synthetic, (or a blend of both) medium cushioned crew socks. No cotton socks!	
Camp shoes	Required	1	Light sneakers or other closed toed shoes to wear around camp at the end of the day.	
Sock liners	Optional	1-2 pairs	Synthetic sock liners for under your hiking socks.	
Gaiters*	Optional	1	Ideal for keeping mud, dirt and rocks out of your hiking boots and assisting in blister prevention.	
<b>LOWER BODY</b>				
Hiking shorts	Required	1	Quick drying nylon or other synthetic blend.	
Base layer*	Required	1	Synthetic or wool long underwear bottom. No cotton!	
Insulating layer*	Required	1	Insulating layer for your legs, such as, wool or fleece.	
Waterproof pants*	Required	1	Waterproof and windproof outer shell pants. See comments under Waterproof Jacket.	
<b>UPPER BODY</b>				
Base layer*	Required	1	Synthetic or wool long underwear top. Long sleeved Zip-T is most adaptable. Again, no cotton!	
T-shirts	Required	1-2	Quick-drying synthetic shirt to wear while hiking. Short or long sleeve.	
Insulating layer*	Required	2	Wool, fleece, or similar synthetic insulating layer for your torso, such as, pullover, jacket or vest.	
Waterproof jacket with hood*	Required	1	Waterproof and windproof outer shell jacket. A garment made of breathable fabric, such Gore-Tex or equivalent, will protect you from rain and wind while allowing perspiration to evaporate. No Ponchos!	
<b>HEAD AND HANDS</b>				
Warm hat*	Required	1	Wool or fleece hat, beanie, or balaclava. Should provide protection for the ears, as well.	
Sun hat	Required	1	Quick drying brimmed hat or baseball cap.	
Glove/mittens*	Required	2 pairs	Glove/mitten system to include any two of the following: Windproof mitten shells (are recommended), wool or synthetic mittens, gloves or glove liners. No cotton!	
Sunglasses	Required	1		

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<b>BACKPACKING EQUIPMENT</b>				
Backpack*	Required	1	With a 4000–5000 cubic inch (65-80 liter) capacity. <u>Your pack must be large enough for all of your gear with extra room for group food and gear!</u> If using an external frame pack, 4000 cubic inches (65 liters) may be sufficient. If you are using an internal frame pack, aim for 5000 cubic inches (80 liters).	
Pack cover or liner	Required	Cover: 1 Bags: 2-3	Waterproof pack cover and/or inside waterproof liner. Large sized trash bags are good inner liners.	
Sleep bag with stuff sack*	Required	1	3-season (rated to 35 degrees or lower) sleeping bag, preferably with synthetic fill. Stuff sack for your sleeping bag should be waterproof or lined with a sturdy plastic trash bag.	
Sleeping pad*	Required	1	Closed cell foam or self-inflating air mattresses. A closed cell ¾ length foam pad is lighter and will not leak. Bring repair kit for self-inflating air mattresses.	
<b>FOOD/HYDRATION</b>				
Hydration system	Required	3 liters	Bottles, hydration bladder, or a combination of both with the capacity to carry 3 liters of water while hiking.	
Pocket knife	Required	1	Small pocketknife or multi-tool.	
Eating system	Required	1 set	Cup, bowl and utensils for eating meals. “Sporks” are a combination spoon and fork. Bowls with lids are good for storing leftovers. Many MLS instructors use only a spoon and plastic insulated mug.	
Lunch and trail food	Required	4 days	You are required to bring your own lunch and trail snacks for 4 days on the trail (see recommendations below). MLS supplies group food for breakfast and dinner only.	
Water filter	Optional	1	MLS provides iodine water treatment as group gear. Personal usage water filters are possible, depending on space and weight limitations after dividing group gear.	
<b>NAVIGATION</b>				
Compass	Required	1	A compass with a plastic rectangular base plate is required. In addition to the plastic rectangular base plate, a compass with an adjustable declination scale controlled by a screw on the compass housing is recommended.	
AMC White Mountain maps	Optional	1	MLS supplies one map as group gear of your route. To aid in your navigation skill development and map reading skills, it is strongly recommended to have your own map of the area. If you own a set of AMC maps, please bring them to MLS. Your instructors will inform you on Wednesday the map you’ll need of the area. Maps sets are available for purchase at Highland Center or on the AMC website.	
AMC White Mountain Guide book	Optional	1	MLS supplies an AMC White Mountain Guide book for trip planning as group gear. You may find it helpful during your trip planning session on Wednesday evening to have additional copies.	
<b>MISCELLANEOUS</b>				
Head lamp or flashlight	Required	1	Headlamp is preferred, but small flashlight is acceptable. Install a fresh set of batteries and bring spare batteries and bulbs. Do not bring large D-cell battery type flashlights.	
Bandannas	Required	2–3	For sun protection, cleaning, general use	
Sunscreen	Required	1	Lotion or spray	
Whistle	Required	1	Plastic for cold weather and keep handy at all times.	
Toiletries	Required	Minimum	Personal items, kept to a minimum amount. Remember, ounces add up to pounds when backpacking. Use travel sizes when possible for toothbrush, toothpaste, hand sanitizer, biodegradable soap. <b>Women:</b> bring feminine sanitary supplies and extra sealable plastic bags (the physical exertion may alter your menstrual cycle – bring extra supplies).	

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Toilet paper	Required	1	Small roll and several sealable plastic bags to carry out used toilet paper.	
Lighter or matches	Required	1	Waterproof matches or a lighter in a sealed waterproof case or plastic bag.	
Personal information & identification	Required	1 each	Driver's license or similar form of identification, health insurance card, and pertinent medical information (blood type, allergies, prescriptions, etc.), who to notify in emergencies, and a small amount of cash (credit cards are optional). Carry all in a plastic sealable bag.	
Spare stuff sacks	Required	2	Sleeping bag size for group gear, food and bear bagging	
Extra trash and plastic sealable bags	Required	2-4	For pack lining, keeping clothes/gear separate and dry, packing trash out, etc.	
Personal medical supplies	Required	As Needed	You must carry your own <b>personal medications</b> , (prescriptions, etc.) If you carry medications critical to your life and health such as Insulin or an Epi-pen, carry a spare and keep it separate. Things can get lost, wet, or broken during a camping trip. Also, be sure to <b>tell your instructors about any prescription medication that you may need to take and its location.</b> <b>*Note:</b> MLS provides a comprehensive first aid kit for each group.	
Watch with alarm	Required	1		
Bug repellent	Optional	1	Non-aerosol type	
Bug net	Optional	1	June MLS is during black fly season. A bug net can be very useful in helping to protect you from getting bit by these nasty little buggers.	
Trowel and hand sanitizer	Optional	1 each	One trowel and one bottle of hand sanitizer are provided as group gear, but you may wish to bring you own for personal use.	
Hiking poles*	Optional	1	Trekking poles or a walking stick aid with balance and can help to distribute the weight of your load between your the legs and arms. These can be an invaluable tool for river crossings.	
Parachute Cord	Optional	1-50 ft	Has multiple uses and benefits for repairing items	
<b>OTHER ITEMS: (IF SPACE AND WEIGHT PERMITS)</b>				
Extra clothing	Optional	Minimum	Depending on your own heat-regulation, you may opt to bring a few additional items. Keep weight to a minimum	
Ear plugs	Optional	Minimum	To help you sleep or maintain quiet.	
Notebook	Optional	1	Small notebook and pen/pencil for journaling your experience.	
Camera	Optional	1	Small camera in waterproof case.	
Binoculars	Optional	1	Lightweight models	
Camp chair	Optional	1	Backpacking chair or small foam pad to sit on when in camp.	
Backpacking tent	Optional	1	MLS supplies 3 or 4 person backpacking tents as group gear. Some people prefer to bring their own personal tents. However, using your own tent in the field will depend on the hiking route and the group's decision for sleeping arrangements.	
Personal readings	Optional	Minimum	Poetry or reading material that might enhance your experience.	
<b>PERSONAL ITEMS: (FOR WEDNESDAY AND SUNDAY AT THE HIGHLAND CENTER)</b>				
Change of clothes	Optional	As needed	You will be in a classroom environment on Wednesday and may prefer more comfortable clothing. You may prefer change of clothes for your travels after the program ends on Sunday.	
Shower items	Optional	As needed	Showers are available on Wednesday at the Highland Center, but not on Sunday. However, coin-operated showers are available at the Crawford Depot, (just a 5-minute walk from the Highland Center).	
Snacks	Optional	As needed	MLS supplies lunch and dinner on Wednesday of the program at the Highland Center. You may want additional snacks during the classroom sessions on Wednesday and after the program on Sunday.	

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<b>MLS GROUP GEAR: (EXPECT TO SHARE IN THE EFFORT OF CARRYING AND CARING FOR GROUP GEAR)</b>				
Tents	Required	2-3	3 or 4 person tent package (with rain fly, poles and stakes), depending on the group's decision for sleeping arrangements.	
Camp gear	Required	1-2	Lightweight tarp(s) for shelter, bear bags (or bear proof containers), and rope.	
Cook and kitchen gear	Required		Cook pots, food filter screens, pot scrubbers, and backcountry soap.	
Stoves and fuel	Required	2	2 stoves per group with appropriate fuel bottles and/or canisters	
First Aid kit	Required	1	A comprehensive first aid kit.	
Trowel and hand sanitizer	Required	1	One per group is provided, but you may wish to bring your own.	
Water carrier	Required	1	A large volume water bag for hauling and storing water in camp.	
Water purification	Required	1	MLS uses iodine based water purification tablets. Chlorine based water purification solution is available in the case of allergies.	
Breakfast and dinner food	Required	3 days & 3 nights	MLS supplies food and meals for the group breakfasts and dinners.	

<b>ITEMS YOU SHOULD NOT BRING: (THESE ITEMS WILL NOT BE ALLOWED IN THE FIELD)</b>	
ITEM	COMMENTS
Leisure books and magazines	
Large musical instruments	
Cards and games	
Electronic devices	MP3 Players, cell phones, games, radios. Small cameras are an exception
Lantern or large flashlight	
Illegal drugs	
Alcohol	
Cigarettes	Or other tobacco products
<b>NOTE: SMOKING IS NOT ALLOWED AT AMC FACILITIES OR DURING AMC PROGRAMS.</b>	

### LUNCH RECOMMENDATIONS FOR MOUNTAIN LEADERSHIP SCHOOL

(These lunch recommendations are for the field portion of the program, not for Wednesday at the Highland Center)

Experienced backpackers generally choose to graze on a selection of foods throughout the day instead of having a heavy mid-day meal. You will burn more calories each day than you may be used to. So, bring more food than you would eat at home. A good diversity of items listed in the "luggage" section can play a more important role between breakfast and dinner than more traditional lunch foods.

#### **Keep in mind:**

- Easy – Your food should be quick to prepare and easy to eat while hiking.
- Durable – Bring items that won't spoil or suffer too much from being stuffed in your pack.
- Light – You should not skimp on food, but you should think about weight. Avoid foods with a high moisture content (bring dried fruit instead of fresh) and get rid of any unnecessary packaging.
- Energizing – Focus on complex carbohydrates and proteins, not simple sugars like candy.
- Tasty – Bring foods you like and that will be appealing to you even if you're tired.

**"Vehicles"** – Pitas, bagels, sturdy crackers, tortillas, etc.

**"Passengers"** – Peanut Butter, jelly, honey, dried hummus, tuna, cheese (hard cheese will last longer), pepperoni or salami, mustard or salsa (new wave backpackers like to add flavor).

**"Luggage"** – GORP or other trail mix, nuts, dried fruit, vegetables (carrots or other hard vegetables work best), granola bars or energy bars, fig bars, pretzels, hard candies, candy bars, cookies, pop tarts, drink mix, oranges or apples.