



A Mountain Classroom Equipment List for Spring/ Fall DAY Programs at Pinkham Notch Visitor Center, the Highland Center, and Cardigan Lodge

We have many of these items available for loan free of charge.

Please let your group coordinator know ahead of time if you would like to borrow anything from the AMC and we will be happy to provide it!

In order for you/your child to make the most of the *A Mountain Classroom* experience, proper clothing and equipment are essential! Weather in the White Mountains and the Maine Highlands tends to be **colder, wetter, and windier** than at lower elevations. The White Mountains have received snow in every month of the year, with winter-like conditions occurring in the spring and fall. Insuring that your child is well-prepared will help make the trip both more comfortable and a more enjoyable learning experience!

Please Have or Borrow from the AMC:

- Comfortable hiking boots or walking shoes with ankle support
- * Durable rain gear, fully waterproof (jacket with hood and pants, no ponchos!)
- * Warm wool sweater, fleece, or insulated jacket (no cotton sweatshirts)
- Shorts and Pants (conditions vary; temperatures in the spring and fall can range from 40-85 degrees! Nylon or polyester athletic shorts/pants are best!)
- Wool socks (2 pairs, one to wear, one extra pair)
- 2 one-quart or one-liter water bottles (empty soda bottles work great)
- Lunch and snacks for the day
- Day pack (school backpack works fine!)

Optional items

- Compass
- Camera (in ziplocks to protect it from the elements)
- Binoculars
- Sunglasses

- Sunscreen
- Bug repellent (30% or less DEET is plenty effective)
- Bandana

Things that should stay home

- Cell phones
- Ipods/MP3 Players
- Portable video game systems
- Lighters/matches
- Knives

