



***A Mountain Classroom* Equipment List for WINTER 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!

Students must have or borrow the following clothing/gear

- * Insulated winter boots (felt-lined or Thinsulate-insulated are best)
- Insulated winter jacket
- Insulated nylon winter snow pants OR * warm fleece or wool pants
- * Warm fleece or wool sweater (no cotton!)
- * Durable rain gear, fully waterproof (jacket with hood and pants, no ponchos!)
- * Wool or fleece hat that covers the ears!
- gloves or mittens
- Long underwear: midweight polypropylene/polyester, long-sleeved shirt and pants (no cotton!)
- * Day pack or small backpack (school-sized backpack works well)
- 2 quart or liter sized water bottles (rinsed out soda bottles or large Gatorade bottles work well)
- 2 pairs of wool socks, 1 pair to wear, 1 extra pair packed
- Lunch and snacks for the day

Optional items

- Neck warmer or scarf (recommended)
- Camera (in ziplocks to protect it from the elements)
- Sunglasses
- Sunscreen

- Chapstick
- Snowshoes (if student owns a pair that he/she likes to use)
- Hand/toe warmers

Things that should stay home

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

