

# A Mountain Classroom Equipment List

## Winter AMC Backcountry Hut Programs



In order for to make the most of the *A Mountain Classroom* experience, proper clothing and equipment are essential! Weather in the Northeast can be unpredictable and in the White Mountains and the Maine Highlands especially, it 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. Ensuring your child is well-prepared will help make the trip both a more comfortable and more enjoyable learning experience! We do **NOT** expect participants to purchase all of the items on the clothing list. **Items with an \* can be borrowed from the AMC in most cases; please speak to your child's teacher about your specific needs, so gear can be arranged ahead of time. Thank you for your attention to preparedness!**

For clothing, we use a layering system. The first layer is the **wicking layer**; a thinner, tighter fitting layer of polypropylene, wool, or other synthetic material, which pulls moisture away from the body. The second layer is the **insulating layer**, usually fleece or wool, which keeps the body warm. Finally, the **waterproof layer**, is a water-proof jacket and pants. With this system, layers can be added or removed depending on conditions. Synthetic or wool fabrics work best in the outdoors because they hold less moisture, dry rapidly, and hold body heat better than other fabrics. **Cotton does not insulate! It is heavy and loses up to 80% of its insulating ability when wet. Wet cotton clothing can cause hypothermia, a potentially dangerous situation. Cotton is fine for indoor use, but is NOT adequate for protection in a cold and wet environment. Please check the tags on clothing!**

### Equipment for All Winter Backcountry Hut

#### Programs:

- ◇ Insulated winter jacket
- ◇ \*Durable rain gear, fully waterproof (jacket with hood and pants)
- ◇ \*Insulated winter boots
- ◇ \*Backpack—should have an internal or external frame and padded hip belt. Should be large enough for personal items and group food (3,000 to 4,000 cubic in.)
- ◇ \*Sleeping bag with stuff sack (comfortable down to 20F with synthetic or down filling)
- ◇ \*Warm hat
- ◇ \*Gloves or mittens
- ◇ \*Extra pair of heavy waterproof gloves or mittens
- ◇ \*2 warm wool sweater, fleece or insulated jacket
- ◇ \*Fleece pants
- ◇ Warm long underwear (polypropylene/polyester long sleeved shirt & pants—no cotton, please!)
- ◇ 2 long-sleeved shirts for hiking (synthetic)
- ◇ Pants for hiking (nylon or polyester athletic pants—no jeans or sweatpants)
- ◇ Synthetic or wool hiking socks (1 pair/day)
- ◇ 2 quart or liter sized water bottles (re-used plastic soda or juice bottles are great)
- ◇ Extra socks and underwear
- ◇ 1 pair of pants for indoors (sweatpants okay)
- ◇ 1 extra shirt for indoors
- ◇ Pajamas or sleeping clothes
- ◇ Toiletries (toothbrush, toothpaste)
- ◇ Sneakers or comfortable lightweight shoes for around the hut and free time

- ◇ Flashlight or headlamp with extra batteries
- ◇ 1 large garbage bag to line backpack
- ◇ Several small plastic bags to keep small items dry
- ◇ **Bagged lunch for the first day!**

#### **Optional Items:**

- ◇ Compass
- ◇ Camera (in plastic bag)
- ◇ Binoculars
- ◇ Sunglasses
- ◇ Sunscreen
- ◇ Bug Repellent
- ◇ Bandana
- ◇ Book or Journal

#### **Items that should stay at home:**

- ◇ Cell phones
- ◇ iPods or MP3 players
- ◇ Portable video games
- ◇ Lighters/matches
- ◇ Knives
- ◇ Food (other than lunch on the first day)