**What to Bring to NH – May 2017**

***NO big backpacks please. They don’t pack well in the cars***

***On Your Person at all Times***

* Passport
* Medical Insurance Card (or equivalent)
* Cash

***Packed into a Duffel Bag / suitcase***

|  |  |
| --- | --- |
| 1. Sleeping System NO PILLOWS use a rolled up sweater | 1. Toiletries – keep it small please 2. Personal Medications |
| 1. Comfortable clothes for wearing AFTER hikes (cotton is OK here)    1. 1 pair pants    2. 1 t-shirt    3. 2 underwear    4. 2 pair socks    5. Shorts    6. Running Shoes    7. PJ’s / night clothes | 1. Hiking clothes    1. 2 synthetic base layer shirts (1 long sleeve / 1 short sleeve)    2. 2 synthetic sweater / fleece    3. 2 pairs socks suitable for hiking    4. 2 pairs shorts / zip away hiking pants    5. Hiking Boots    6. Gaiteurs    7. 1 full rainsuit    8. Winter toque / Balaclava    9. Mitts / Gloves |

***DAYPACK contents on following Page***

***Packed into your Daypack Ahead of Time***

You are as likely to be hiking knee deep in snow as you are to be in sunshine. In a given day you may start off in full winter gear and end up in t-shirt and shorts by the end. Roll with it.

|  |  |
| --- | --- |
| GEAR:   * Waterproof pack cover * Toilet paper * Hand sanitizer * Re-sealable, double-bagged plastic bags to pack out toilet paper * Sunscreen * Lip balm * Sunglasses * Insect repellent * First aid kit * Personal medications: For example, an inhaler (asthma) or Epi-pen (allergies) * Repair kit , including a knife and duct tape (duct tape – about 1 meter can be wrapped around a short pencil) * Headlamp/flashlight w/ extra batteries * Lighter/matches * Firestarter (for emergencies) * Whistle * Mirror * Compass * Emergency Blanket (foil space blanket) * Personal ID, insurance card, and a small amount of emergency cash * Nylon cord – 25’ or 50’ * Heavy Duty trash bags * Watch * Cell phone – IN WATERPROOF POUCH | CLOTHING: (packed / worn / in reserve)  These highlighted items packed in your main luggage – but worn to hike in. You should already have them if you used the ***list above***   * 2 synthetic base layer shirts (1 long sleeve / 1 short sleeve) * 2 synthetic sweater / fleece * 2 pairs socks suitable for hiking * 2 pairs shorts / zip away hiking pants * Hiking Boots * Gaiteurs * 1 full rainsuit * Winter toque / Balaclava * Mitts / Gloves   Packed Ahead of time – Always in your DayPack   * Synthetic or wool hat * Bandanna or Buff * Gloves or mittens * ***SPARE (sealed in a bag in your pack)***   + ***T shirt, underwear, socks, long pants*** |
| NOTE ABOUT GARBAGE BAGS  Plastic trash bags serve many functions: Use them as pack liners to keep your gear dry, to carry out trash, as a makeshift rain poncho, or as an emergency bivouac sack. | FOOD / HYDRATION   * High-energy food & snacks * Water (at least 2 litres per person) * Water bottles or hydration system * CALORIES – Plan during a day hike to carry 1500 calories minimum. This will feed you through the day AND provide extra if you are delayed on the trail. |
| **\*\*\*\*Everything must be SMALL – you don’t need to carry full sized bottles of sunscreen, 25cm hunting knives, and flashlights that use 4 giant batteries. Nor do you need that massive roll of Toilet Paper, when the most you are likely to ever use is a couple of handfuls.**  **\*\*\*\*Try to keep the weight of your loaded daypack below 7 kilos. Remember – your food and water will be 2.5 kilos of that.**  **The contents of your day pack will vary day to day according to the hikes planned.**  **\*\*\*\* Waterproof everything in your daybag. Ziplock Bags to hold groups of items (eg – emergency stuff) Don’t Rely on your pack cover to do the job. Using a garbage bag as a pack liner is important.** | |