**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***

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| 1. Sleeping System NO PILLOWS use a rolled up sweater
 | 1. Toiletries – keep it small please
2. Personal Medications
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| 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
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***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.

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| 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***
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| NOTE ABOUT GARBAGE BAGSPlastic 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.
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| **\*\*\*\*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.**  |