

BOLT White Mountains Trip

August 2007

Your safety is our top concern, and you have control over the one of the most important aspects of staying safe –the correct clothing and equipment. Proper equipment selection is critical for your safety and enjoyment for this trip. Thus, part of this experience will be to adequately outfit yourself for the trip. The following information will help you prepare for the trip by listing all of the equipment needs. All of the items on this list are required for the trip except for the optional items. Optional items are useful, but you do not need them. We have also included helpful comments, tips and related topics.

A consideration that you may want to think about while purchasing gear is the appropriateness of the color of your clothing and equipment. One important aspect of minimum impact camping is to lessen our visibility to other wilderness travelers. The use of earth tone colors such as blue, brown, tan or green minimizes our potential social impact our presence may have on others.

Weather

In August, the weather in the White Mountains can vary greatly. In the Lincoln/North Conway, NH area you will see cool nights (40's-50's) and warm afternoons (70's-80's). It is usually 10-20 degrees lower in temperature in the mountains than the weather forecasts you will see in North Conway. You should prepare for temperatures that can be as low as 30 degrees at night.

There are often rainy spells as well (even snow is possible). One of the most important factors to prepare for with your clothing and gear is staying dry in order to protect you from hypothermia, which is common in the summer months as people are not prepared for the combination of rain, cool temperatures and wind.

Clothing and Gear

It is your responsibility to bring the items listed -- borrow from friends, neighbors etc. BOLT has access to some equipment to loan, but the supply is limited. If you are having a big problem getting certain equipment make a note on the enclosed response sheet.

In general, your clothing should allow you to move during the day and keep you warm if it gets wet. We recommend clothing be made of wool or polypropylene. Polypro holds water away from the skin instead of absorbing it, whereas cotton holds water next to your skin, which is very cold. When looking for these items check local Army/Navy stores and the Salvation Army. It is often unnecessary to spend tons of money in specialized outdoors stores. Also, if you are having trouble finding clothing items, check out the link on the BOLT website called "Fun Links" for other helpful clothing tips/resources.

BOOTS – If you are buying new boots, do some research regarding fit, and try them on with the one or two layer sock combo that you will use for the trip. Medium-weight or heavier boots that are waterproof or water resistant are recommended. Light hiking boots won't support your feet or ankles enough for carrying heavy packs over uneven terrain.

If you bought new boots for the trip **Break them in!** You will be hiking all day in your boots. Breaking them in is one of the most crucial elements of a comfortable trip, for you, for us, and other leaders you'll be hiking with... you'll thank us later. Start wearing them around the house or to work several weeks before the trip. You don't want to find out two days before the trip that your boots don't fit properly. Blisters are NO FUN!!!

Date Reminders

Special on-campus housing move-in date:	Saturday, August 25, 2007	
Pre-Trip Meeting (required)	Sunday, August 26, 2007	12:00-6:30 p.m. - Sayles
Departure for White Mountains	Monday, August 27, 2007	7:00 a.m. - OMAC
Return from White Mountains	Friday, August 31, 2007	(BOLT Banquet to follow)
Gear Clean-up day	Sunday, Sept 2, 2007	10 a.m. – Alumnae Hall

Some possible options for finding gear. Looks don't matter. Go for function.

- Borrow from Friends! See what you can borrow first.
- Army Navy Stores
- The Salvation Army Store – lots of fleece and wool options can often be found.
- REI (Cranston or Framingham, MA) www.rei.com – there's also a **outlet** link for clearance
- EMS (Cranston, North Attleboro are the closest to campus) www.ems.com
- Campmor - www.campmor.com (catalog/web sales. Store is based out of NJ)
- LLBean - www.llbean.com
- There are some surplus websites, but you'll need to double check pricing to make sure you are truly getting a deal. A sale is not always a sale with them. And you may get the old gear for new gear price.

Do not bring:

- Walkman
- Mom's Ming vase
- Anything you can't bear to lose
- Denim Jeans
- Extra Food. Critters will ruthlessly find food in your pack eat their way into the side of it.

****Please, Please, PLEASE, avoid bringing cotton clothing other than your t-shirts, shorts and underwear. When cotton gets wet it takes FOREVEER to dry. Furthermore, unlike wool, wet cotton is very COLD and can make you MISERABLE and that's just no fun. Same goes for denim!**

Group Gear & Food, (BOLT gear and food that the group splits up to carry.)

- 3 Tarps w/Tent Stakes
- 2 Ground Cloths
- Tarp Rope
- Ropes
- 2 Backpacking Stoves
- 3 Fuel Bottles
- 1 Cook Pot w/Lid & Pot Grip
- 1 Fry Pan
- 1 Spatula & 1 Stirring Spoon
- 1 Small Sieve/Strainer
- Scrubie Pad
- Hand Sanitizer
- Spice Kit
- 3 Mesh Bear Bags & 2 Ropes
- 1 Carabiner
- Maps
- 3 bottles of Polar Pure or Aqua Mira
- Whistles
- 1 Multi-day first aid kit
- Hand Sanitizer and Camp Soap
- 1 Trowel or small garden shove
- Salsa Nalgene
- Jelly Nalgene
- GROUP FOOD FOR 5 Days!!

If you have specific questions please give us a call or email. If you have extra clothing or gear, please bring it to share with others.

Thanks!



BOLT Gear Check List 2007

You must have the items listed on the gear list except for those in the “optional items” section. (You can borrow items marked with an * from BOLT.)

Camping Gear

Equipment	#	Comments	Check List
Backpack*	1	A multi-day pack with a padded hipbelt that will comfortably carry 40 lbs of group gear and personal gear. Internal frame packs should be 4500 – 5500 cubic inches or external frame packs that are 3400 cubic inches with room to lash on sleeping bag in a stuff sack and a sleeping pad. ** Try on your pack BEFORE the trip with 30-40 lbs distributed evenly in it. Learn how to adjust it to fit correctly.	
Sleeping Bag*	1	A synthetic-filled bags (such as Polarguard, etc.) rated to between 20°-40° F perform well. If you sleep cold, either choose a warmer bag or plan to wear your layers at night, but don't wear rain gear to bed; it'll make you colder. **When wet, down sleeping bags, are useless.	
Sleeping Pad*	1	Should be closed-cell foam and a minimum of 3/8" thick. Used for padding and insulation between sleeping bag and ground. Ridgerest or self-inflating Thermarest pads are great.	
Eating Bowl	1	A small Tupperware bowl with a cover works great. Tip: Fit your spoon inside to keep track of it.	
Eating Spoon	2	Durable enough that it won't break while you are cooking.	
Insulated Mug	1	12-20 oz mugs work great for tea and hot cocoa.	
Water Bottles	2	1 liter/quart bottles. Nalgene or empty soda bottles. You must have two. At times, there are distances between water sources on your route.	
Headlamp or Flashlight	1	Should be durable and lightweight. Bring extra batteries. Headlamps are nicer for cooking, etc.	
Sunscreen	1	A 6 oz tube should be sufficient	
Insect Repellent	1	1 small bottle, non-aerosol	
Toiletries		Travel size: Toothbrush, toothpaste, tampons, Don't bother with deodorant and other things not listed. Just adds to your weight. *Women should bring tampons; hard hiking can alter your schedule. Be prepared.	

Waterproofing systems

Everyone is asked to waterproof their clothing and gear. You may face rain –especially in higher altitudes that are less predictable. You will also be doing stream crossings. One slip and ... it's better to be safe.

Equipment	#	Comments	Check List
Heavy trash bags	5-9	You will need to line each your backpacks and your sleeping bag stuff sack. You will also need one bag for covering your pack at night from rain and two spares for back-up and emergency use. Trash compactor, or contractor bags are amazingly stronger than regular bags otherwise, double up standard bags.	
Sealable Plastic Bags	a lot	Gallon and quart size bags help keep your things dry and organized in your pack. Bring spares for tears and “zippers” that break.	

***notes gear that we have a limited supply to loan for the trip. Contact the summer managers.**

Upper Body Layers

Wool and synthetic materials work best as they are still insulating when wet. It is common to need 2-3 insulating layers. You will layer on top of each other to keep warm.

Equipment	#	Comments	Check List
Long Underwear -lightweight	1	Lightweight underwear top made of wool, polypropylene or capilene. No Cotton blends. These are nice at night.	
Fleece Jacket or Wool Sweater	2	Polyester fleece pullover or zip jacket, synthetic fiberfill jackets or heavy shirt or warm wool sweater. A vest can work as a second layer.	
Rain Parka *	1	A sturdy, roomy <u>waterproof</u> jacket with a hood. Coated nylon works well. It should fit comfortably over all upper-body layers. Water-resistant won't cover this. Ponchos not recommended.	
T-shirt	1-2	A lightweight polyester/Capilene T-shirt. One T-shirt can be cotton but know it will be cold when wet.	
Sports Bra	1	Optional. Silk, Synthetic or none depending on your needs.	

Lower Body Layers

You will need 1-2 synthetic insulating layers. All must fit comfortably over each other so that they can be worn at the same time. If you tend to get cold easily, add a middle layer of mid-weight bottoms or fleece pants.

Equipment	#	Comments	Check List
Long Underwear	1	Light to Mid-weight long underwear bottoms made of wool, polypropylene or capilene. No cotton blends. These are nice at night.	
Wind pants or hiking pants	1	Durable Nylon, wool or fleece pants. These should fit comfortably over your shorts and long underwear. Side zippers make it easier to put pants over hiking boot. Absolutely No Jeans .	
Rain Pants*	1	Sturdy, roomy <u>waterproof</u> pants. Coated nylon and fabrics are acceptable. Side zippers make it easier to put pants over hiking boots. Water-resistant won't cover this.	
Shorts	1-2	Loose fitting Nylon or quick-drying athletic shorts. Cotton can pass for your second pair of shorts, but we recommend quicker drying materials.	

Head, Feet & Hands

Wool and synthetic materials work best as they are still insulating when wet.

Equipment	#	Comments	Check List
Boots	1	Sturdy, broken-in , medium – heavy weight, water proof or water-resistant backpacking boots with good ankle support (high to mid-tops). These are near impossible for us to get for you; so, please ask around. Break them in by wearing them for at least a few weeks prior to returning to campus.	
Socks, Wool	3-4 pairs	Ragg wool or wool/polypro blend. Keep 1 pair in your sleeping bag to stay dry and clean to sleep in. No Cotton.	
Liner Socks	2-3 pairs	Recommended to help avoid blisters. Use thin polypro or capilene “wick dry” or light wool socks under your hiking socks. No Cotton. Your feet are important to protect. Pamper them on the trail.	
Camp Shoes	1 pair	Old running, tennis or cross-training athletic shoes or Crocs work nice. Camp shoes <u>must be</u> closed toe shoes. No tevas or flip-flops.	
Baseball cap or wide brim sun hat	1	To protect eyes and face from sun.	
Wool/Fleece Hat	1	A fleece hat can be incredible helpful for cold nights. It works wonders to sleep with it to keep warm.	
Wool/Fleece Gloves or Mittens	1	It gets cold at night –especially at higher altitudes. Be prepared and bring some. You need your hands to function around camp.	
Eyeglasses/ Contacts	1	If you wear them, bring back-ups. Without them you may have to be evacuated from the trip.	

Highly Recommended Items

Equipment	#	Comments	Check List
Wind breaker jacket or Anorak	1	A lightweight, breathable, durable nylon wind shell. Choose one that is durable or can handle the rigors of hiking. It should fit comfortably over all upper-body layers. Wind blows heat out of fleece and a shell helps a lot.	
Briefs	3	Optional. If you bring cotton, be sure to have extra to change out of damp stuff. Other options are silk, synthetic or none. Men can go without underwear and just use shorts with liners. Women should use what's comfortable. (You can carry extra pairs)	
Sunglasses w/ croakies	1 pair	They should protect your eyes from ultraviolet and infrared light. They should have a sturdy case.	
Bandanas	1	Highly Recommended. Useful for lots of things	
Watch	1	Water resistant. An alarm is useful for morning starts. It'll also help with pacing water breaks.	

Optional Items

Equipment	#	Comments	Check List
Sleeping Bag Stuff Sack	1	A synthetic stuff sack lined with a trash bag helps extra protect your bag. A stuff sac compresses the bag and makes it easier for packing.	
Camera and Film		Be sure to have a good case and water proof it with sealable plastic bags	
Camelbaks	1	Super helpful and easy for keeping hydrated during summer hikes. You can have a sip of water without stopping. It's nice.	
Crazy Creek Chair	1	Highly recommended for your comfort around camp at night.	
Lip Balm	1	Stick or cream moisturizing with SPF 15 or greater	
Pack Cover	1	This is useful if you don't rainproof you bag well enough. Large Contractor and Compactor Bags with Ziplocks work just as well –these are extra strong trash bags.	
Pocket knife	1	One small pocket knife is good.	
Fork	1	If you like options other than your spoon.	
Face cleaser pads/wet wipes		Nice for washing sweaty, dirty faces.	
Small Musical Instrument		No bigger than a harmonica. Be sure to respect other campers in the area and keep noise levels down. Noise travels far at night.	
Carabineers		These are helpful for attaching things to your pack	
Money		Just a little bit... just in case. We sometimes stop at a rest stop en route.	
Fun Camp Stuff		Deck of Cards, Uno, the book of questions, a quote or poem to share.	
Personal Journal		Great for reflecting on your experiences at Brown and what you want in the year to come!	

Remember:

Cotton has a limited use for backpacking trips. It is cold when wet from sweat, rain, etc. Cotton socks are BAD for hiking. Your feet will get wet. Cold, wet feet = blister heaven.

Lastly, Bring the essentials, but limit yourself on the extras and choose. You will have your gear and group gear to carry. Ounces turn to pounds quickly in your packs and the goal is to keep you packs as light as possible.