

BOLT White Mountains Trip Gear Info

August-September 2009

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.

Weather

In August and September, 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 beyond that which you have already requested or if your original gear request changes, please notify us as soon as possible.

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, **not cotton**. Polypro keeps 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. If possible, get earthy tones so we blend in with our environment as much as possible. 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!** Same goes for if you are borrowing from someone else. The boots still need to be broken in for your feet. 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 and the rest of your group. 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!!! They are painful but easily avoidable if proper care is taken.

BOLTer Date Reminders

Special on-campus housing move-in date:	Saturday, August 29, 2009	10:00am-2:00pm with ResLife
Pre-Trip Meeting (required)	Sunday, August 30, 2009	12:00-6:00 p.m. - Sayles
Departure for White Mountains	Monday, August 31, 2009	7:00 a.m. - OMAC
Return from White Mountains	Friday, September 4, 2009	OMAC
BOLT Post-Trip Banquet	Friday, September 4, 2009	7:00pm – Leung Gallery
Gear Clean-up day	Sunday, September 6, 2009	10am-2pm – Alumnae Hall

Some possible options for finding gear. *Looks don't matter. We're in the woods and getting dirty! 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:

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

Cell Phones

For this backpacking experience, we ask our participants to leave their cell phones home. If you do choose to bring a phone, we ask that they keep it off and not call out. This gives us time to form a community within the group, which central to our goals for this experience. We want to focus on getting to know each other and expanding our network of connections and support on campus. The experience of working together within a wilderness context separate of the clutter of technology is an important piece of the week we have planned.

For emergency purposes, families may contact the Office of Student Life at (401) 863-3145 to speak to one of the Deans or they may contact campus police at (401) 863-3322 to request that an Administrator-on-Call be paged at home to request their assistance with the emergency. Our program has a few ways to reach groups, cell coverage is limited; however, each group will have a designated cell phone which the leaders carry and check twice a day for messages. Also, we are able request the support of the Rangers and Shelter Coordinators (who use radios) to relay a message or we could send a hike team out to meet up with a group from our support staff located at a basecamp in the area.

Basecamp staff is available at a location that receives call coverage each morning from 8 am to 9am and in the early evenings from 5pm to 6pm. We also check messages during these times as well. Basecamp can often be reached during the day; leaders are encouraged to call for consult or to simply provide updates.

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
- 3 Mesh Bear Bags & 2 Ropes

- Hand Sanitizer
- Spice Kit
- 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 who may need your help.

Thanks!



BOLT Gear Check List 2009

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 bag (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 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.	
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 and hydration is critical.	
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 and we're all going to get dirty together. *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. Layers are best because that way you can easily adjust as weather gets cooler or you get warmer from hiking.

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 waterproof 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 waterproof 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/resistant backpacking boots with good ankle support (high to mid-tops). These are near impossible for us to get for you. Break them in.	
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 must be 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 and 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 can handle the rigors of hiking and 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
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.	
Lip Balm	1	Stick or cream moisturizing with SPF 15 or greater	
Pack Cover	1	This is useful if you don't rainproof your 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. FUN!	
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.