

ays backpacking list

YOU MUST HAVE ALL OF THE FOLLOWING:

- ___ sleeping bag
- ___ ground pad
- ___ 1 pair of good hiking boots – these must be waterproof in some way
- ___ at least 2 pairs of wool socks
- ___ 1 set of wool or polypropylene long underwear – **no cotton long johns**
- ___ 1 pair of wool, fleece/pile or polyester/nylon pants
- ___ at least 1 of the following
 - heavy wool sweater
 - fleece/pile jacket
- ___ 1 set of water proof raingear (tops and bottoms)
- ___ 1 wool or fleece/pile hat
- ___ 1 flashlight or headlamp
- ___ 2 water bottles (2 1-liter plastic soda bottles with screw tops will work fine)
- ___ backpack to carry it all

Polypropylene, thermax, pile, fleece, polartec, bunting, capilene, synchilla are all examples of high-tech, miracle outdoor fabrics. They are essentially synthetic, petroleum-based products better known as plastic. Nylon, rayon, and polyester all fit into the above category.

These are items that you may also want to bring:

- ___ underwear or boxers
- ___ bathing suit
- ___ 1 T-shirt
- ___ Sneakers
- ___ 3 large, heavy duty trashbags
- ___ toiletries (toothbrush & toothpaste)
- ___ hat (baseball, etc)*
- ___ chapstick*

*optional

If you have any questions regarding equipment, please call Glenn Wilson at the AYS at 623-8242, leave a message, and he will return your call.

The Youth Services will provide raingear, backpack and fleece tops and bottoms if you need them. Keep in mind that the White Mountains have some of the most unpredictable weather in the world. Every trip participant must have the proper gear in order to attend. **There will be a gear check and anyone who is missing items will not be allowed to attend.**

Call Glenn Wilson with your gear needs as soon as possible. I have to get a list together of all our group needs and pick up gear the week before our trip. If you are interested in buying some of the items, check out Moor and Mountain (near Depot Pizza by the railroad tracks, 475-3665) and tell them you are with the Andover Youth Services Expeditions.