



A Mountain Classroom Equipment List for Spring/Fall Programs at Pinkham Notch Visitor Center, the Highland Center, Cardigan Lodge, and Little Lyford Pond Camps

In order for you/your child to make the most of the *A Mountain Classroom* experience, proper clothing and equipment are essential! Weather in the White Mountains and the Maine Highlands tends to be **colder, wetter, and windier** than at lower elevations. The White Mountains have received snow in every month of the year, with winter-like conditions occurring in the spring and fall. Insuring that your child is well-prepared will help make the trip both more comfortable and a more enjoyable learning experience! We do **NOT** expect participants to go out and purchase all of the items on the clothing

list. Items with an * can be borrowed from the AMC in most cases; please speak to your child's teacher about your specific needs so gear can be arranged ahead of time. Thank you for your attention to preparedness!

For clothing, we use a layering system. The first layer is the **wicking layer**, a thinner, tighter fitting layer of polypropylene or other synthetic material, which pulls moisture away from the body. The second layer is the **insulating layer**, usually fleece or wool, which keeps the body warm. Finally, the outer layer, or shell, includes wind-proof and water-proof pants and a jacket. We also carry hats and gloves at all times, as protecting the extremities can make a big difference in staying warm and safe. Layers can be added or removed depending on conditions. Synthetic or wool fabrics work best in the outdoors because they hold less moisture, dry rapidly, and hold body heat better than other fabrics. **Cotton does not work as an insulating layer! It is heavy and loses up to 80% of its insulating ability when wet. Wet cotton clothing can cause hypothermia, a potentially dangerous situation. Cotton is fine for indoor use, but is NOT adequate for protection in a cold and wet environment. Please check the tags on clothing!**

Students must have the following clothing/gear

- o * Durable rain gear, fully waterproof (jacket with hood and pants, no ponchos!)
- o * Hiking boots/shoes with a sturdy sole and ankle support; no sneakers please
- o * Wool or fleece hat
- o ~~* 1 pair gloves or mittens~~ / pair gloves
- o * 2 warm wool sweaters, fleeces, or insulated jackets
- o * Fleece or wool pants
- o Long underwear: midweight polypropylene/ polyester, long-sleeved shirt and pants (no cotton!)
- o T-shirts for hiking (synthetic is great; ~~cotton is fine!~~)
- o Lightweight pants for hiking (nylon or polyester athletic pants; no jeans or sweatpants!)
- o Synthetic or wool hiking socks, 1 pair for each day
- o * Day pack (school backpacks work fine!)
- o 2 quart or liter sized water bottles (rinsed out soda bottles or large-sized Gatorade bottles work well!)
- o 1-2 pairs of pants for indoors (jeans or sweatpants are fine)
- o 1-3 extra shirts for indoors
- o Extra socks and underwear
- o Pajamas or sleeping clothes
- o Toiletries (shampoo, soap, toothbrush, toothpaste; make-up, hairspray, and cologne can stay

home!)

- o Towel and washcloth
- o Sneakers or comfortable shoes for around the lodge and free time
- o Sleeping bag (for Cardigan Lodge and Little Lyford Pond Camps programs only!)
- o Bag lunch for the first day!
- o **For programs in April/November:** * insulated winter boots (students may be hiking in the snow)

Optional items

- o Sketch book
- o Compass
- o Camera (in ziplocks to protect it from the elements)
- o Binoculars
- o Sunglasses
- o Sunscreen
- o Bug repellent (30% or less DEET is plenty effective)
- o Bandana
- o Flashlight/headlamp with batteries

Things that should stay home (~~come may be okay for the bus ride with teacher permission~~)

- o Cell phones
- o iPods/MP3 Players
- o Portable video game systems
- o Lighters/matches
- o Knives
- o Food other than lunch for the first day