

# Packing List for New Hampshire Camping/Hiking Trip



List may change based on weather, trail conditions, or other factors.

Please be sure to check with your guide if you have any questions, concerns or want to change/substitute items.

## Required

Day Pack & Pack Rain Cover (recommended size is between 22-33 liters depending on weather)

Base Layer Tops & Bottoms (lightweight, synthetic or wool - no cotton)

Fleece/Wool Hat

Hiking Boots/Shoes (that you have tried out for at least 8 hrs on 2 consecutive days of walking)

Hiking Pants (quick dry, lightweight) – I like zip off pants that convert to shorts if I get warm

Hiking Socks (synthetic or wool) X 3

Underwear X 3 (I like merino wool, synthetic are great also)

Insulated Jacket and/or Vest

Long Sleeve Shirts (2) (lightweight, synthetic or wool) or 1 long sleeved shirt & arm warmers to pair with a short-sleeved shirt

Short Sleeved &/or Sleeveless Shirt (lightweight, synthetic, or wool) to wear alone or as a base layer

Sleeping clothes

Swimming clothes

Rain Jacket (hooded, lightweight, waterproof, breathable)

# Packing List for New Hampshire Camping/Hiking Trip



Rain Pants and/or Rain Wrap (lightweight, waterproof, breathable)

Lunch (unless included) & Snacks

Headlamp (with fresh batteries or fully charged)

Prescription meds & any personal medical supplies

Any additions to your personal bathroom kit (tampons, extra wipes, chafing balm)

2 empty bottles that fit the side pockets of your pack (32oz Gatorade work well)

Camp chair

Whistle

## Recommended

Bandana or square of fabric to wipe face, nose, etc. (I tie it to one of the straps on the front of my pack)

Comfy shoes for camp

Gaiters (low) to keep rain and/or trail debris out of your shoe

Insect Repellant: prior to the trip it is *highly* recommended that you treat your shoes and clothing (not undergarments) with an insect repellant such as Permethrin. Purchase a pump spray of this and use as directed. This is to avoid a tick bite (& Lyme's disease). Additionally, if you are sensitive to mosquitos, you can bring a small bottle of insect repellant of your choice (Deet or a natural repellant).

# Packing List for New Hampshire Camping/Hiking Trip



Sun Hat

Lip balm (unscented)

Soap

Sunglasses

Trekking poles

Camp towel (thin, quick dry)

6-8inch strip of Duct tape wrapped/attached to something else you are bringing (water bottle or hiking poles) – Why? Sticking a piece of Duct tape to an early hot spot that you feel on your foot can help prevent a blister from forming.

Personal First Aid Kit/Medications (lightweight, for items you know you are likely to need: for example, if you usually get a blister on your heel, you should bring your own precut moleskin or blister bandages).

## Optional

Sun block

Ear plugs

Liner Socks

Maps

Phone/cords/charged power bank

Book, journal, drawing pad, pencil/pen