WMS Apparel and Gear List
The apparel and gear listed below are required for participation on Orientation Trips, Field Courses, and some athletic activities and sports. These items are commonly available online and at local shops and national outdoor retailers, such as Eastern Mountain Sports, L.L.Bean, REI and more. Sport-specific equipment is required only for those sports or activities.

Note: Items denoted by an asterisk (*) may be borrowed from WMS.

**Outdoor Gear List**

**Apparel:** Hardshell Layers
- Waterproof jacket with hood
- Waterproof full-length pants

**Apparel:** Insulating Layers
- Mid-weight jacket, pullover or sweater (softshell, fleece, microfleece or wool)

**Apparel:** Base Layers
- Base layer short-sleeve top (synthetic or wool)
- Base layer long-sleeve top (synthetic or wool)
- Base layer full-length pants (synthetic or wool)
- Underwear/undergarments (1 pair, synthetic)
- Underwear/undergarments (1 pair, cotton)
- Cotton t-shirt
- Athletic/hiking shorts (synthetic)

**Apparel:** Hats, Gloves, Swimsuit
- Hat (baseball hat or sun hat)
- Beanie or other winter hat (synthetic or wool)
- Gloves (synthetic or wool)
- Swimsuit and/or nylon board shorts (1-2 pairs)

**Footwear**
- Hiking socks (synthetic or wool; 2 pairs)
- Lightweight activewear/performance socks (2 pairs)
- Cross-training shoes or trail-running shoes (closed-toe)

**Camping Gear**
- Daypack or standard-size bookbag (18-35 L)
- Sleeping bag with stuff sack*
- Sleeping pad (closed-cell foam or self-inflating; full-length size)*
- Bowl or travel mug with cover (minimum 16 oz. volume)
- Spork, or individual fork and spoon
- Headlamp

**Personal Items**
- 1-L water bottles (Nalgene, Kleen Kanteen, CamelBak, or similar; 2-3 bottles)
- Lip balm
- Sunscreen
• Bug repellent
• Small notebook or waterproof journals
• Pens or mechanical pencils

Optional Items
• Climbing/hiking pants (synthetic)
• Bandana or buff
• Gaiters
• Liner socks (synthetic or wool; 2 pairs)
• Watch
• Camera
• Camp chair
• Book
• Insect repellent

Sport-Specific Gear: Backpacking and Day Hiking
• Backpacking pack (60-75 L)*
• Hiking boots (leather or synthetic; waterproof; high-top)

Sport-Specific Gear: Canoeing and Whitewater Kayaking
• Sunglasses
• Towel
• Water-specific shoes or sandals (with a heel strap; ex. Keen or Teva)

Sport-Specific Gear: Mountain Biking
• Mountain bike (must be functioning, safe and well-maintained)
• Bike helmet
• Cycling jersey or short-sleeve nylon shirt
• Padded bike shorts (optional, but highly recommended)
• Bike shoes

Note: Mountain bikes and helmets may be rented from local shops for about $100. Please contact the Director of Outdoor Education to make arrangements.

Sport-Specific Gear: Rock Climbing
• Rock climbing helmet*
• Rock climbing harness*
• Rock climbing belay device and carabiner*
• Rock climbing shoes*

Note: All personal climbing gear must be inspected by a WMS climbing instructor prior to use.

Outdoor Gear List FAQ

What are hardshell layers?

Hardshell layers are water- and wind-proof and keep the body dry in inclement weather. They also help regulate your core body temperature.
What are insulating layers?

Insulating layers are worn over base layers and under hardshell layers and are designed to stop the cooling effects of rain and wind. Insulation materials such as fleece, down and synthetic-down are designed to trap warm air close to the body. (Cotton apparel should be avoided because cotton loses its insulation qualities when it becomes wet, either because of perspiration or precipitation.)

What are base layers?

Base layers, also commonly referred to as long underwear, are the clothing items responsible for wicking perspiration from the surface of the skin, allowing it to evaporate. Staying dry is critical to maintaining your core body temperature. Unlike cotton, synthetic and wool fabrics retain their ability to keep you warm when wet.

What type of hiking boots do I need?

Hiking boots are required for day hiking and backpacking trips. While it isn’t necessary to spend a lot of money on high-end boots, it is important to purchase a pair of quality boots. Our Outdoor Education experts recommend checking out boots from the following brands: Asolo, LaSportiva, L.L.Bean, Lowa, Merrell. Regardless of brand or price, all new hiking boots should be sufficiently broken-in before wearing them to hike. To reduce the chance of getting blisters, follow these tips from REI (link).

Are any of those items sold at the school store?

The following items are a selection of merchandise available for purchase throughout the school year from the school store: rain jackets, rain pants, mid-weight microfleece tops, synthetic t-shirts, long underwear, hiking socks, winter hats and gloves, Nalgene bottles, bowls, sporks, headlamps, and more.

Is there a outdoor gear store close to campus?

Lahout's
99 Main Street
Littleton, NH 03561
T: 603.444.0915

Who should I contact if I have more questions?

Please contact:

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