White Mountain Climbing Camp Gear List

Required Clothing:

Head
- 1 Wool/Fleece hat
- Sunglasses
- 1 Baseball Cap (optional)

Upper Body
- 1 Polypro Long Underwear Top*
- 1 Fleece Jacket or Pullover*
- 1 Rain Jacket*
- 3-4 Sports Bras (as needed)
- 4 T-Shirts (2+ synthetic)
- 1 Long Sleeved Cotton Shirt – for sun protection

Lower Body
- 1-pair Polypro Long Underwear Bottoms
- 1-pair of Rain Pants*
- 2 -pair Pants (at least one pair must be nylon)*
- 5-pair Underwear (Use your best judgment)
- 3-pair Shorts – at least 2 pair should be Nylon shorts that will dry quickly
- 1 Swim Suit (sports bras and water shorts are ideal for the girls)

Feet
- 3-pair Wool or Synthetic Socks
- 2-pair Cotton socks – not for backcountry use.
- 1-pair Approach Shoes * (broken in before the trip)
- 1-pair Water Sandals with a heel strap (Chaco’s or Tevas)

Climbing specific (some items can be lent to students with advanced notice)
- Harness
- Helmet
- Chalk Bag
- Climbing Shoes (required)
- Belay device with locking carabineer

Other Items:
- 1 Day Pack / Book Bag
- Headlamp* with extra batteries
- 3 Quart-sized Water Bottles OR 2 qt-sized Water Bottles and 1 hydration bladder (at least 70oz)
- 2 Towels (one quick-drying chamois / pack towel is best and one regular towel)
- Twin bed sheets, pillow, and blanket (sleeping bag can be used as a blanket)
- Toiletries
- Backpacking Chair* (optional)
- Camera (optional)
- Sunscreen/ Lip Balm (SPF 15 or higher)
- Insect repellent (small container)
- Journal, Paper, Pens, Stamps, Envelopes, Addresses (optional)
- Sunglasses leash or “Chums” (optional)

The * indicates items with additional information on the following page.

**Additional Gear Information:**

*Mountain weather can change in an instant. It can be clear and sunny one moment and snowing the next. One ill-prepared person can negatively affect the safety and fun of the entire trip. Please come prepared. We are preparing for a worst-case weather scenario with this clothing list, but safety comes first! If you tend to get cold easily, you may want to bring extra insulation layers or heavier polypro. Some trips experience snowfall.*

- Polypro tops - You want at least two polypro tops because you live in these while hiking. If you tend to get cold, make sure one top is heavy or expedition-weight.
- Fleece Jacket – This is your insulation layer and should be made of only synthetic fibers.
- Rain Jacket—Your outer shell needs to be made of coated nylon, Gore-tex, H2NO, or some other wind/waterproof material. Windbreakers ARE NOT acceptable. Make sure they have a hood.
- Rain Pants—These have to keep you dry for hours of glissading in the snow or hiking in the rain. Wind pants will leak and are prone to tearing.
- Pants – A pair of nylon pants will keep the bugs away and keep you warm during chilly evening meetings (rain pants also work well for this). Jeans or Carharts are great for trail work in dry weather.
- Approach Shoes – These are generally lightweight, yet supportive and have sticky rubber on the soles. Good sneakers will work if needed.
- Headlamp —Please remember extra batteries. A “headlamp” is the most useful type of light for the outdoors because it keeps your hands free for other tasks.
- Backpacking Chair – This is a lightweight fabric and foam seat that supports your back while sitting on the ground. (Example: Crazy Creek)

*Remember that space in dorm rooms can be tight, so don't bring too much beyond the required and suggested items. The water bottles, insulation layers, and shell layers are very important. Please call us if you have questions about any of these items (603) 444-2928 ext. 312 or email wmsclimbing@whitemountain.org.*
Recommended websites for good deals on gear:
Campmor.com   SierraTradingPost.com
EMS.com       REI.com