

## **Mount Washington Summer Hike Packing List**

- All gear should be packed in waterproof bags or containers.
- Ziplock baggies are great for most small things, while garbage bags tend to work well for larger items and clothing.
- **Remember: space must be left in your pack for troop gear, e.g., tent, stove, food.**



### **Gear**

- Backpack
- Backpack rain cover
- Sleeping Bag
- Foam pad (closed cell)
- Tent (split between hikers)
- Head lamp or mini flashlight
- Small backup light
- Rain gear (jacket and pants)- jacket with hood recommended
- Sunglasses or goggles

### **Toilet Kit**

- Toilet paper (partial roll)
- Toothbrush and floss
- Toothpaste (nearly empty tube)
- Soap (hotel size or chip)
- Small washcloth
- Sunscreen (just what you will use)
- Bug repellent (small bottle)

### **Emergency Gear**

- Compass
- Personal first-aid kit
- Whistle
- Emergency blanket
- Matches
- Pocketknife (small)
- 50 foot parachute cord or lightweight rope
- 2 Garbage bags
- Cell phone (turned off)

### **Food and Cooking**

- **Three 32oz water bottles or more**
- Cooking stove (split between hikers)
- Group pots (split between hikers)
- Group food (split between hikers)
- Personal mess kit (bowl, cup, fork, knife, spoon)
- Personal trail snacks

### **Clothing MINIMUM**

- NO COTTON
- Boots (well fitting, broken-in)
- 4 Pairs of socks and underwear
- Hat with visor or brim
- 2 T-shirts
- 1 fleece top
- 1 pair of pants
- 1 pair of shorts (zip off pants save weight)
- 1 pair waterproof gloves (kitchen dishwashing gloves will work)
- 1 balaclava
- 1 long-sleeve shirt
- Complete set of clean clothes to wear for the ride home
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