

## Proctor Wilderness Orientation Gear Description 2009



In order to travel in the mountains in a safe and comfortable manner, it is important that each student that participates in Orientation has the proper gear as specified on the list below. Since your child will be going into the high peaks of the White Mountains where there will be freezing temperatures at night and a high probability of rain, it is most important that your child comes adequately prepared for this trip. It is essential that you pay close attention to obtaining all the items on the list. Every piece of clothing has to have the ability of keeping your child warm if it gets wet. Therefore, it is essential that your child come properly equipped for Orientation. Please leave the cotton clothing at home. Cotton is comfortable for everyday wear, however, due to its lack of insulating quality when wet, it has no place in a backpack during mountain travel.

The two web sites below for Eastern Mountain Sports and REI should be helpful in choosing gear. There is a huge variety of gear in which to choose, however, if you talk to sales people or have friends who are hikers they can be very helpful in getting you set up.

<http://www.ems.com/navigation/landing.jsp;jsessionid=CHRWM4JQjo7MVpkHkIibo5jilxaGOj8MtcD>

<http://www.rei.com/>

### From Head to Toe

HAT- This item is an extremely important. A wool watch cap or fleece hat is great. A baseball cap as a sunshade is also useful.

GLOVES OR MITTENS - 1 pair, wool or fleece.

T-SHIRTS - a synthetic polypropylene T is best.

LONG SLEEVE BASE LAYER – A polypropylene or fleece turtleneck is nice to have. The wool or the polypropylene maintains insulating value when wet from sweat or rain.

HEAVY FLEECE SWEATER or JACKET - A heavy, fleece sweater works great. A synthetic non-cotton jacket or vest is also good.

RAIN GEAR - Waterproof raincoat and pants.

LONG UNDERWEAR - An absolute must, both tops and bottoms. Capilene or Polypropylene (NO COTTON).

NYLON WIND PANTS - Wind pants are lightweight, easy to pack, and work great over your long underwear to keep you warm. (Do not bring jeans. They are hot and take forever to dry.)

SHORTS - Bring 2 pairs of lightweight shorts. Nylon running shorts are ideal.

BATHING SUIT - Bring 1 or swim in your hiking shorts.

SOCKS - 3 pairs (wool or polypropylene) *No cotton*

BOOTS - Nylon or leather, lightweight hiking boots with a Vibram sole work best. The Vibram sole will give you the protection you need on rugged terrain. You should also bring a pair of sneakers to wear for stream crossings and around camp at the end of the day. Crocs are a great camp shoe as well!

SLEEPING BAG - For camping in New Hampshire, fiberfill or polarguard bags should be your choice. They do not lose their loft when wet and are less expensive than goose down bags. The sleeping bag should be rated to about 30 degrees (F) or 0 degrees (C).

ENSOLITE PAD - A pad under your sleeping bag is necessary for warmth and comfort. The pad will further insulate your body from the ground that 'wants' to absorb your body heat.

BACKPACK - The backpack that you use is a very important item. It has to be large enough to be able to hold all the gear that you will be bringing with you. You will also be expected to carry your share of the group's food and cooking materials. Your pack may end up weighing between 40-60 lbs (18-27 kg). If you borrow a pack, an internal framed pack is fine. Make sure it is well padded, has a hip belt and is strong. If you are going to buy a pack, you may want to consider the potential long-term use of the pack beyond Orientation. A rugged internal frame pack works great as luggage for traveling on buses and planes. An external frame pack is a little awkward and less versatile. For this item and your sleeping bag I would recommend that you go to an outdoor specialty shop. Buy a good one, most students use these a great deal at Proctor and they make excellent travel bags.

BANDANNAS - Bring 1--handy for cooking and other uses.

NYLON LINE - 50-100 ft. of 1/8" line. Some stores will call this parachute chord. This is used for rigging your nylon rain fly.

WATER BOTTLES - Bring 2--1 qt. or 2/ 1-liter water bottles. Absolute must!!!

UTENSILS - Knife, fork, spoon, plastic cup and bowl.

TOILET KIT - Toothbrush. You may want to bring Purel, sun block, and Chapstick. Feminine products should also be packed. The strenuous nature of the trip sometimes plays tricks on your cycle. No need for deodorant or soap. Leave it in the dorm room.

KNIFE - Swiss Army knives are great.

HEADLAMP - Bring extra batteries. Sometimes groups need to move in low light situations and the hiker must have their hands free. Hand-held flashlights are not helpful. A headlamp will also come in handy for late night studying.

JOURNAL, PEN, AND BOOK - You might like to keep a journal to record some of the events on Orientation. A good book is a nice companion.

WATER PURIFICATION TABS - Potable Aqua makes a Chlorine Dioxide tab that is ideal for hikers. This item is available at most outdoor stores. One bottle of 20 tabs should be sufficient.

REMEMBER:           NO COTTON!           NO COTTON!           NO COTTON!  
Cotton gets wet and will not dry. Please adhere to this request. If you have questions, please e-mail Brooks Bicknell at [brooks\\_bicknell@proctornet.com](mailto:brooks_bicknell@proctornet.com) or call 603-344-1488.

## 2008 ORIENTATION GEAR CHECK LIST

1. \_\_\_\_ BACKPACK (with waist belt) 5,000-6500 Cubic inches
2. \_\_\_\_ 3 PAIR OF Hiking SOCKS (comfy / poly)
3. \_\_\_\_ Boots (broken-in boots and comfortable sneakers)
4. \_\_\_\_ LONG UNDERWEAR (tops & bottoms) - capilene, polypropylene, etc.
5. \_\_\_\_ WATERPROOF RAIN GEAR (poncho, cagoule, or jacket & pants)
6. \_\_\_\_ SHORTS (1 or 2 pairs)
7. \_\_\_\_ BATHING SUIT (you can use shorts if nylon)
8. \_\_\_\_ T-SHIRT
9. \_\_\_\_ TURTLENECK/PULLOVER/SHIRT (Fleece, wool, etc.)
10. \_\_\_\_ JACKET/VEST (fleece, wool, pile, fiberfill, etc.)
11. \_\_\_\_ WOOL GLOVES/MITTENS (capilene, etc.)
12. \_\_\_\_ WOOL HAT (fleece, capilene, etc.)
- 12a. \_\_\_\_ BASEBALL CAP
13. \_\_\_\_ BANDANNA (for cooking, etc.)
14. \_\_\_\_ NYLON CORD (50 to 100 feet)
15. \_\_\_\_ 2 -1-QUART OR 1 LITER WATER BOTTLES
16. \_\_\_\_ CUP/BOWL /KNIFE, FORK AND SPOON- SWISS ARMY KNIFE (OPTIONAL)
17. \_\_\_\_ COMPASS- Optional
18. \_\_\_\_ TOILET KIT (toothbrush, toothpaste, essentials--NO SOAP OR SHAMPOO!) FEMININE HYGIENE FOR FEMALES
19. \_\_\_\_ HEADLAMP & EXTRA BATTERIES
20. \_\_\_\_ JOURNAL/book (note pad) and pens!!
21. \_\_\_\_ SLEEPING BAG & STUFF SACK (good to 30 degrees) No "down" bags
22. \_\_\_\_ ENSOLITE PAD. Thermarest are the best!
23. \_\_\_\_ 2 NYLON STRAPS - 36" (to go around both Ensolite and sleeping bag)
24. \_\_\_\_ 1 PAIR OF PANTS (nylon ripstop, NO JEANS) - REMEMBER NO COTTON!
26. \_\_\_\_ UNDERWEAR 2-3 changes
27. \_\_\_\_ EXTRA STUFF SACK (to carry group gear and food)
28. \_\_\_\_ A BOTTLE OF WATER PURIFICATION TABS