

PYGMY ELEPHANT

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White Mountains Packing Guide



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The White Mountains (WM) is a medium to difficult level trek long distance multi-day hiking trail. It is a well-loved tourist destination covering about one quarter of the state of New Hampshire and a small

part of Maine. Our itinerary is divided in 8 hut-to-hut stages. Preparing for this hike correctly will allow you to absorb the experience with minimal stress and worry.



DOCUMENTS AND PRE-TRAVEL PLANNING

- *Travel insurance, emergency evacuation and medical expenses. Check to make sure that there is no restriction based on the activities and characteristics of the White Mountains. Some insurances have restrictions based on regions.*
- *Extra money. Your accommodation will be prepaid, however for extras at the mountain huts, you will need cash. Credit cards will be accepted at the AMC.*

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PREPARE FOR RAIN AND WIND

Be prepared for rainy and windy weather, however, in one day you can experience three or four-season regardless of the time of year so it's important to dress and carry kit to suit a range of weather conditions. When the weather is bad, however, you will want long underwear, fleece and a wind-proof jacket (VERY IMPORTANT). Bringing layers here is important so that you can adjust to the temperature, wind and precipitation. You should avoid cotton at all costs as it tends not to dry quickly. Choose a base layer that is made of synthetic material. A mid-layer fleece should always be kept handy, especially when hiking over passes and peaks. Lastly, a water proof, yet breathable jacket will help stay warm and dry under the rainy weather.

CLOTHING

- *Technical hiking pants*
- *Shorts*
- *Moisture wicking base layer shirts and underwear- should be non-cotton (synthetics are best when it's warmer, merino wool or silk for when it's colder)*
- *Long sleeve shirt made of synthetic material*
- *Mid Layer Fleece*
- *Light, wind proof Jacket (IMPORTANT)*
- *Waterproof Rain Jacket (a very good one)*
- *Waterproof gloves (same as above)*
- *Synthetic hiking socks*
- *T-shirts and Hoody / sweatshirt for refugios*
- *Long underwear tops and bottoms*
- *Hiking socks*
- *Hiking Boots that are worn in (important)*

ACESSORIES

- *Hiking poles, especially early in the season which can help with stability on snow.*
- *Flip Flops - for the shower.*
- *Hats (wool and with sun-bill)*
- *Gloves (waterproof recommended)*
- *Head Lamp – for the huts at night, it will help you to navigate in the dark.*
- *Backpack (30 - 50 liters for day bag)*
- *Towel (quick dry) –Hotels will have towels, however the huts will not.*
- *Sunglasses*

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- *Dirty clothes bag*
- *Knife – for fruits, cheese or sausage*
- *Camelback or water bottle (1 - 2 liters)*
- *Compass*
- *Sleeping bag liner*

HYGIENE

- *Sunscreen*
- *Toothbrush, toothpaste, floss, etc*
- *Shampoo, soap*
- *Insect repellent*
- *Anti-diarrhea*
- *First Aid Kit*
- *Band aids*
- *Blister plaster or moleskin*
- *Painkillers*
- *Earplugs and Eye mask*
- *Slippers or light weight shoes.*

TIP: Stuffing some newspaper inside of your hiking boots can help soak up moisture from your hiking boots.



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WHAT ABOUT FOOD?

Dinner is served family-style at 6:00 PM sharp and includes fresh bread, soup, salad, a hearty entrée, and dessert. With advance notice, we can offer child-friendly meal options and accommodate dietary preferences including vegetarian, vegan, gluten-free, and lactose-free diets. Breakfast is served family-style at 7:00 AM sharp and includes eggs with pancakes or a baked good, plus hot cereal, fruit and breakfast meat, like bacon or sausage, with coffee, cocoa or tea. Please notify AMC Reservations if you have food allergies or any other dietary needs. Please Carry In/Carry Out all personal trash and recyclables.

POPULAR SNACKS

- *Chocolate (especially dark chocolate as it contains more calories per ounce)*
- *Trail mix*
- *Sausage / Cheese*
- *Fresh fruit*
- *Granola*
- *Energy bars*

