White Mountains Backpacking

**DATE:** 11/7-11/8  
**MEETING TIME:** 6:00AM (Sat) – 6:30PM (Sun – approx. return)  
**MEETING LOCATION:** Lot H, Behind New Hampshire Hall  
**Mandatory Pre-Trip Meeting:** Weds. 11/4 at 7PM in the Rec. Center Classroom

**General Info:** Explore the White Mountains before winter truly arrives! We'll head to White Mountains and hike to Kinsman Pond Campsite where we'll make camp for the night. We'll explore the peaks and hike 4000 footers – North and South Kinsman.

**Clothing and Equipment:** Please see the attached equipment list. If you are having trouble finding any of the items, please email outdoor.adventures@unh.edu. Also note, that a lot of the items are covered in the course fee – no need to buy them if you do not have them.

**Food:** All food from lunch on Fri. through lunch on Sun. will be provided. Please make notes of any allergies or dietary restrictions on your Med. Form. If you'd like to give more details regarding your food needs, contact outdoor.adventures@unh.edu.

**Expectations:** Because of the camaraderie involved in a group outing and the safety aspect, we will remain together as a group when hiking. We will also expect each member to contribute to the group by helping out with cooking, cleaning and other camp tasks. This will be a great experience to meet and bond with new people.

**Instructions for completing the following paperwork:**

Please complete the following *Medical Information form* and *Liability Waiver*. Once completed please drop them off at the Rec. Center Front Desk.  
**Please submit your completed forms as soon as possible. Forms are due at least a week prior to the trip.**

Thanks for joining us for an adventure!
Late Fall Overnight Backpacking
Equipment List

This clothing list is intentionally specific because we want you to be safe and to enjoy the out of doors. It's best to be prepared for cold and wet, no matter what the weather forecast. It is better to dress with layers so that you can regulate your temperature based on your activity level and changes in the weather. We strongly recommend synthetics (thermax, capilene, bergalene and other non-cottons) or wool because these materials retain their insulating qualities when damp whereas cotton does not. Dressing according to this concept will increase the quality and enjoyment of your outdoor experience.

Confused? Contact us for more information: outdoor.adventures@unh.edu or 862-1577

Upper Body
• 2 long underwear top (polypropylene, not cotton)
• 2-3 insulating layers (medium to heavy wool sweater or shirt, expedition weight long underwear or fleece jacket – A down or synthetic insulated jacket is a great choice for one of these layers)
• ** 1 raincoat (must be waterproof and fit over other layers)
• 1-2 t-shirts (can be cotton or lightweight synthetic material)

Lower Body
• 2 pair long underwear bottoms (synthetic polypropylene, not cotton)
• 1 insulating layer (fleece pants, expedition weight long underwear, thick nylon wind pants)
• 1 pair rain pants (optional, but highly recommended)
• 1 pair of non-cotton hiking pants (available at outdoor stores or you can wear athletic pants)

Head and Hands
• 1 warm hat (wool or fleece)
• 1 bandanas
• 1 pair mittens or gloves (wool or fleece)
• 1 sun hat (should have wide brim) (optional)

Feet
• 3-4 pairs wool socks (medium to thick to prevent blisters)
• 1 pair camp shoes (tennis shoes or lightweight boots, no sandals)
• 1 pair sturdy hiking boots (broken in to your feet before the trip!)

Personal Gear
• ** 2 1-quart water bottles (1L soda bottles work well)
• cup, bowl, spoon (Tupperware® bowl with lid works well)
• pocket knife
• flashlight or headlamp (with spare batteries and bulbs)
• camera and film (keep in waterproof bag) (optional)

Personal Gear
• ** 1 large backpack (5000+ cu. in. – lined with garbage bag to be waterproof)
• ** 1 sleeping bag (synthetic fill, rated to at least 15 degrees with stuff sack)
• ** 1 sleeping pad (thermarest, or closed cell ensolite pad)
• small stuff sack, garbage bags or Ziploc® bags (to organize and waterproof)
• book, journal, field guides, binoculars (optional)
• something to share (music, poem, reading) (optional)
• Extra snack food (optional)
  • energy bars
  • trail mix
  • etc.
**Personal Maintenance Kit**
- chapstick, sunscreen (waterproof, SPF30 recommended)
- sunglasses (a keeper string/croakies are nice to have)
- toothbrush, toothpaste
- tampons/pads (bring Ziploc® bags to carry out)
- contacts, solution, glasses
- medication (adequate supply, let instructors know)

**Group Gear**
Supplied by OA
- # Tents and Tarps
- # Cooking Gear
- # Food
- # First Aid Kit
- # Repair Supplies

**A limited number of these items can be borrowed on a first-come, first-serve basis from OA. Please contact us if you want to borrow one of these items. Please be sure that you have acquired these items before the pre-trip meeting.**

# These items are provided by OA and are covered by the course fee.

Questions or comments? Contact us @ outdoor.adventures@unh.edu or 862-1577.
A Crash Course in Dressing Smart and Cheap for the Outdoors

What to Wear:

Two keys to dressing for an enjoyable outdoor experience:

1. Layers: Dressing with multiple layers instead of one allows you to adjust to different levels of exertion. You’ll be cool while hiking, warm in camp and toasty in your sleeping bag.

2. Anything but Cotton: As the saying goes, "Cotton is rotten!" It may be comfortable but cotton won’t keep your warm when you get wet, while wool, fleece, capilene, and other synthetic materials will. So leave the sweatshirt behind and take a fleece jacket or a wool sweater instead. The same goes for cotton socks (asking for blisters!) and jeans. Some brand name synthetic materials that are good cotton replacements are: Capilene, Thermamax, Bergelene, Duofold, MTS2. The two exceptions to the non-cotton rules are cotton t-shirts and underwear.

Three levels of layering:

1. Inner Layers: These thin non-cotton base layers are worn next to the skin. Long underwear from any outdoor store will do.

2. Insulating Layers: Warm, thick layers that are worn in camp and to sleep. Examples are fleece jackets or pants, expedition weight long underwear, fleece vests and wool sweaters. Puffy jackets work too. Down is ill advised in any season but winter because it loses all of its insulating value when wet.

3. Outer Layers: The most important outer layer will be your waterproof raingear. Waterproof, breathable fabrics like GoreTex are comfortable and work well but the common, inexpensive coated nylon raincoats will keep you dry. Many people also include quick-drying nylon layer like windpants.

Where to Get It:

Around Durham:
EMS on Arthur Brady Drive in Newington will be able to provide anything you are missing from your equipment list. They can be quite expensive but keep your eye out for sales, especially at the end of a season. Well cared for gear will last 10+ years. Other local stores Dicks Sporting Goods in Newington, and the Kittery Trading Post in Maine. There are also a few local ski shops that will carry some items like long underwear.

Online:
REI's website (www.rei.com) has lots of options and some great advice on choosing gear (see the expert advice section). Their outlet store (www.rei-outlet.com) also has great deals. Other websites to look through are Campmor (www.campmor.com), www.moosejaw.com and www.mgear.com.

Budget:
A trip to any of the local thrift stores (Savers in Newington, Goodwill in Dover, and several places in Portsmouth) can turn up very cheap wool or fleece layers. The REI Outlet (www.rei-outlet.com) also has great deals on clothes. Don’t forget the cheapest way to find those extra pair of mittens or long underwear is always to ask around and borrow some from a friend.
This medical form provides us with information required for course management and emergency situations. By requesting this medical history, we do not imply that we have the expertise to assess your physical condition, or your ability to participate safely in this program.

If you have any doubts about your ability to participate in this program, please consult with your physician. Please complete fully so that instructors can adjust program activities as needed to meet your needs and manage your participation and the participation of others. This information is confidential and will be shared only as needed with trip leaders, instructors and medical care providers.

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Allergies: Do you have any allergies (e.g., bees, drugs, foods, etc.)? Describe the nature of your allergic reactions.

Dietary Needs (only for trips where food is provided):

Chronic Illnesses: List any (e.g., diabetes, asthma, etc.) and suggest any helpful activity modifications.

Physical Condition/Ability: List any physical or ability considerations and suggestion any helpful activity modifications.

Medications: Are you taking any medications? If so, what are they? What are they for?

Injuries: List any injuries (e.g., dislocations, sprains, etc.), indicate severity, and identify when they occurred. Have you fully recovered from this injury?

Physician: Are you currently being treated by a physician (or have been in the past year)? Have you been hospitalized within the past year? If so, please explain.

Concerns: Do you have any special needs or concerns about your access to or participation in this program that you would like the Outdoor Adventures staff to be aware of?

I have reviewed this entire form and have verified that that all information is given fully and truthfully. To the best of my knowledge, I am physically fit and able to safely participate in this program. I hereby consent for myself or the child/minor of whom I am guardian to receive medical treatment, if an illness/injury is incurred while participating in the aforementioned activities.

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This is a legally binding agreement. Please read this entire document carefully.

By signing this agreement you are releasing and waiving potentially valuable legal claims and giving up your right to bring any form of action, legal or otherwise, to recover compensation or obtain any other remedy for bodily injury to yourself or damage to your property or for your death however caused arising out of your participation in the UNH Outdoor Adventures activity identified below, now or any time in the future.

This is to certify that I ___________________________________________, am fully aware that certain risks and dangers may (participant, parent, or guardian) exist during the _______________________________________________________________________ activity offered by the Outdoor Adventures (description of program/activity) program of the University of New Hampshire. I realize and acknowledge that these include but are not limited to risks and dangers of motor vehicle travel, exposure to the forces of nature, varying weather conditions such as severe heat and cold, exposure to insect-borne illnesses, travel in mountainous terrain, water-based travel with changing water levels and current, foot entrapments, other recreational traffic, and possible accident or illness in places remote from any medical facilities. I also understand Outdoor Adventures programs leaders do not necessarily carry radios or cell phones, and during this program we may travel in areas where these devices do not work reliably or at all.

I agree and acknowledge that my participation in this Outdoor Adventures program is entirely voluntary. I hereby assume all risk of bodily injury, death, and damage to my property during the course of the said activities. I do, for myself and if applicable the minor named below, agree that in no case will I present or prosecute against the University of New Hampshire, any of its trustees, officers, agents, employees, or specific site owners who may be working in conjunction with the University, any action, legal or otherwise, seeking to obtain compensation for bodily injury, death or property damage suffered by me or done to my property arising out of my participation in and/or presence at the aforementioned activities and travel to and from sites. Whether the same be occasioned by the negligence or other fault by the Outdoor Adventure Program or any and all others who are involved, I do agree further for myself and/or my spouse, and son/daughter/minor, to hold the University of New Hampshire, its trustees, officers, agents, employees, and affiliates, free and harmless from and against any and all claims, by whomsoever made or presented, for damages or compensation from any and every such bodily injury, death, or property damage suffered by me including but not limited to superficial injuries, sprains, fractures, paralysis, or death. I hereby certify, represent, and warrant that I am at least 18 years of age and fully competent to execute this agreement and bind myself to each and every one of the terms and conditions set forth herein.

I have read and fully understand the above acknowledgment of risk, release / indemnification and covenant not to sue. I have signed this document of my own free will, and agree to the terms outlined herein.

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