

Being properly prepared for a trip, either to the loj or elsewhere, is extremely important. This list contains what is essential for newcomers to bring when staying at the loj. Items should be contained in a pack which is easy to carry because the Loj is a 1/2-mile hike from the parking lot. If you don't have some of these items, talk to our Gear Guys about renting some gear!

Please pack:

- **1-3 Pairs of pants and 1-3 shirts** - Synthetic layers recommended. Avoid cotton because *cotton kills!*
- **Long underwear or thermals** - These are especially important in the winter.
- **Underwear** - 1 per day X 3 days = 3 pairs (long underwear count too)
- **Gloves or mittens** – Even in the spring/summer/fall it gets chilly hiking in the White Mountains, so bring them!
- **Hat** – One of the easiest ways to stay warm!
- **Socks** – Wool or synthetic is best for hiking and hanging out at night.
- **Bathing suit and towel** – We have a swimming hole!
- **Sweater or warm layer** - A fleece, wool sweater, or softshell work great!
- **BOOTS** – A sturdy shoe, preferably waterproof or water resistant, two pairs of shoes is often a good idea (e.g. sneakers and boots). We recommend that you don't buy boots a day or two in advance and then bring them to Newcomers. Take some time to break the boots in first. New boots that are not broken in can commonly cause blisters,
- **Rainproof layer** – Either a jacket, shell or poncho (or maybe a large plastic bag...). Water resistant pants also help.
- **Sleeping Bag** – 35 degree (or lower, depends on how cold you get at night; New Hampshire can get rather chilly), and a **sleeping pad** if you want to sleep outside or in a tent! The ground will suck all your heat out if you let it, so add a layer between you and the ground.
- **Day Pack** – This should be big enough to bring a few sandwiches, an extra layer, water, and anything else you may need for a hike or general adventure.
- **Toothbrush, toothpaste**
- **Water bottles** - Nalgene or camelback types are favored. Although we do not have running water, water is supplied by the pump at the loj.

- **Glasses or contact supplies**
- **First aid kit** - This should include any personal medical supplies you may need, such as anti-allergens, epi-pens, etc...
- **Any other personal hygiene items**
- **Flashlight** – A headlamp is recommended, but flashlights are OK too. Avoid flame-based lights such as propane lanterns.

Some optional items include:

- **Hiking poles**
- **Camera**
- **Climbing gear** – If you have your own, bring it. If you don't, we'll be bringing club gear for the climbing trips.