



## Weekend Day Hike

### For Gear Check at Start of Program

Large Duffel Bag	Upon arrival, an instructor will review the gear in your pack. Bring a large duffel to place items that have been pulled from your pack for later repacking in your pack.
Large Bag to hold Foot Gear	Your boots will be reviewed as well as all multiple layers of foot cover, i.e. liners, VBLs or bread bags, and insulating socks.
Large Bag to hold snowshoes, crampons and ice axe (unless strapped to pack)	Bring a bag that can hold these sharp objects safely during review.

### Carrying Your Gear on the Trail

Pack	Internal or external frame, minimum capacity 40L. Make sure your pack is sized to fit your gear and a share of group gear.
Rain cover for pack.	Acceptable alternative: Large, heavy duty trash bag, as an inside liner for the pack.

### Clothing You Will Typically Wear While Hiking

Boots	See Winter Mountaineering School Handbook for further information
Liner socks: 1 pair	Smooth thin socks to be worn next to the skin.
Wool or Synthetic insulating socks: 1 pair.	To be worn over the liner socks. When layering socks, check fit over feet and inside boots.
Vapor barrier socks (1 pair strongly recommended but not required for day trips).	Acceptable alternative: Plastic bags – at least two on each foot per day. See Winter Mountaineering School Handbook for further information.
Tall gaiters	Ensure they fit around your boots
Wicking base layer: Long underwear (1 top and 1 bottom)	This will be your base wicking layer and should be made of a synthetic fiber or Merino wool.
Insulating layer: Heavier-weight shirt (fleece/synthetic) as insulation for your torso	This is an additional insulating layer made of synthetic fibers or wool for your torso.
Rain gear (jacket and pants)	Protects against wind, wet snow, and rain.
Hat: Fleece or wool (must cover ears)	Acceptable alternative: Balaclava
Insulating Mittens: Wool or synthetic	Gloves are not an acceptable substitute for mittens
Mitten shells	Wind protection for your hands
Glove liners	Wool or synthetic anti-contact gloves

### Items Needed for Travel Over Snow and Ice

Snowshoes with traction features	Must be designed for backcountry/alpine conditions (steep terrain). Size (length) appropriate for your weight, including your clothing and pack.
Mechanism for attaching snowshoes to outside of pack when wearing crampons. Straps or bungee cords	Be sure snowshoes can be easily and quickly affixed to pack prior to coming to WMS
Full (10 or 12 point) crampons	Aluminum not acceptable for hard east coast mountain ice.
Mechanism to cover points of crampons when they are not being used. A crampon bag is best.	
Mechanism to attach crampons to outside of pack. Straps or bungee cords	Option: You can carry crampons inside pack
General mountaineering ice axe	Approximately 60 - 80 cm for most people
Ice axe protectors (3)	For the pick, adze, spike

## Weekend Day Hike

### Items that Need to Be Accessible on Your Person While Hiking

Paper and pencil	Small pocket sized "Rite-in-Rain" notebook and pencil.
Map of area (waterproof)	Paper maps can be stored in a ziploc bag.
Compass: Flat, baseplate type with rotating housing	Best: Compass with adjustable declination mechanism
Plastic whistle and neck lanyard	

### Clothing that Needs to Be in Your Pack – "Extra Clothing"

Liner socks: 1 pair	This is a spare pair. Smooth thin socks to be worn next to the skin.
Wool or Synthetic insulating socks: 1 pair.	This is a spare pair. To be worn over the liner socks. When layering socks, check fit over feet and inside boots.
Wicking base layer - long underwear (1 top and 1 bottom)	This will be your backup base layer (wicking) and should be made of synthetic fiber or Merino wool for emergency use. Most people wear the first pair the entire trip.
Insulating jacket: Fleece, wool, or synthetic jacket(s)	This layer of clothing should be of moderate thickness, reasonable warmth, and should be simple to put on and take off.
Insulating pants: Fleece, wool or synthetic-fill pants with full side zippers	Acceptable alternative: Any insulating pants that can be put on without removing your boots
Down or synthetic parka with hood (puffy coat)	Parka needs to fit over all clothing layers. A stuff sack for the parka can be used to reduce volume in pack.
Glove liners	This is a spare pair
Insulating Mittens: Wool or synthetic	This is a spare pair

### Items You Will Need When Going Above Tree Line

Head insulation covering head, ears, face and neck: Balaclava	
Face and neck protection – windproof – typically leather or neoprene face mask.	Acceptable alternative: Cold weather shore hood (Wolf hood).
Eye Protection - Ski goggles	Acceptable alternative: Cold weather shore hood (Wolf hood). Glacier glasses or sun glasses are not an acceptable alternative.

### Water & Food

Water: 2-3 wide-mouth 1 liter water bottles.	Water bag/bladder systems are not acceptable. They freeze and/or are hard to fill.
Insulated holders for water bottles	Acceptable alternative: Putting water bottles in your extra socks and wrapping water bottles in your extra clothing
Accessible water: Method of attaching one of the insulated water bottle holders to the exterior of the pack so it is accessible without removing pack	Acceptable alternatives: Bota (wine bag), hang a bottle from neck and inside insulating layers, carry a bottle in an inside pocket.
Food: (3) Days of Trail lunch / snacks	See Student Handbook for details.

## Weekend Day Hike

### Gear and Other Items That Need to Be in Your Pack

Matches/lighters in waterproof cases	
50' thin nylon cord	Used for emergency repair
Closed-cell foam or self-inflating "shorty" pad to sit on and for emergency use (approx. 20" x 12")	Note: Some packs have a removable pad.
Headlamp (LED) with freshly charged battery	
Spare Headlamp Batteries	Or USB cord & battery bank to re-charge
Pocket knife	
Sunglasses	
Female hygiene items	(as appropriate)
Toilet paper (in plastic bag), hand sanitizer	
Sunscreen	
Lip balm	
Glasses – extra in crush proof case	(if you wear glasses)

### Optional Items (*Consider the weight/bulk vs. value or utility*)

Trekking Poles	Helpful for balance when carrying a pack or for knee problems.
Traction aids, MicroSpikes, or any of the various traction devices that are not full boot crampons	Traction aids are beneficial for some portions of our hikes where there is relatively level terrain with very hard packed snow and ice, as well as getting around the Loj area during icy conditions.
Head band or buff	Keeps ears warm when a hat is not needed and can be a face / neck cover when in wind
Photocopy or notes	Such as distances, times, trail junctions, etc. from the relevant guidebook(s).
Camera (small)	A large SLR camera is not recommended.
Altimeter watch / GPS / Smart Phone	

### Group Gear for Day Hikes

(These items are **not required**, but bring them if you have them.  
Your Instructor will determine what items to carry as a group each day.)

Sleeping bag rated to –20F/-29C in waterproof compression stuff sack and plastic garbage bag	For emergency
Stove with fuel pump and wind screen	For emergency
Vacuum bottle (Thermos)	½ to 1 liter size.
Fuel bottle filled with fuel "white gas"	For emergency
Covered 1-3 liter pot (lightweight - for backpacking) to melt snow/ice and boil water	For emergency
Emergency shelter	e.g. Zdarsky bag, tent without poles, large bivy bag, etc.
Group first aid kit	For emergency
Full length foam pad (not an inflatable pad)	For emergency
Repair kit (wire, tape, nylon cord, pliers, etc....)	For emergency

### For Loj Indoor Stays

A duffle of overnight lodge attire /gear or "city clothing" with comfortable shoes.	We will be dressed for the outdoors most of the time, but for dinner and evening workshops, a set of comfortable clothes is recommended.
Sheets and Towels	Sheets & towels are provided for guests staying in the Loj.