

CHECKLIST OF ITEMS FOR MT. HARVARD ASCENT:

MUSTS / NEEDS:

- hiking boots, broken in (recommend with ankle support)
- wicking socks (recommend double, at least one pair higher than boot tops)
- wicking undergarments
- wicking inner shirt
- outer shirt (long sleeved and collared, SPF 30 or higher recommended)
- trousers (recommend breathable, flexible full length with detachable lower legs)
- rain jacket
- sun hat (recommend full brim and with a chin draw-string)
- lunch, snacks, and any breakfast (coloric burn-rate ~300-600 cal/hr; pack ~2000-5000 calories)
- water containers (recommend at least 5-7 liters [1.25-1.75 gals] and filled in advance, or less volume with proper ceramic water-filtration system for topping-up at streams)
- daypack of at least 20L per person, ideally with hip and chest straps (to carry what you are not wearing, including filled water-bladder)
- trowel and toilet paper (in Ziplock® bags)*
- sunscreen (minimum SPF 25, sufficient for two re-applications, in Ziplock® bag)
- any prescribed meds you might need for the next 48 hours
- first-aid kit and hypothermia blanket*
- if applicable, contact lenses (with extra saline solution) or glasses (with 'nerd strap')
- bag for trash (and spare Ziplock® bags: 1 quart (~1 liter) and 1 gallon (~4 liter) size) *
- headlamp (we will start before dawn)
- unless wearing polarizing glasses, sunglasses, ideally polarized (recommend with 'nerd strap')
- hiking pole(s) (if you have any kind of leg injury, poles will help prevent a MedEvac, and even if you have no such injury, can prevent ankle twists)
- affirmative, energetic, respectful, and supportive attitude

OPTIONAL:

- bandana
- gloves (recommend light weight and water resistant)
- warm hat
- additional warm layer(s) for torso (sweater, jacket, vest, etc.)
- rain trousers
- waterproof day-pack cover
- anklets / gaiters
- one extra pair of socks (kept dry in a Ziplock® bag)
- bug spray*
- camera / cell phone
- maps (possibly loaded onto your phone with mapping software)
- hand sanitizer*
- Ibuprofen (or other NSAID pain-reliever)*
- roll of duct tape*
- banners, flags, or pennants

*: one per group may suffice