

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)
- Sunglasses, ideally polarized (recommend with 'nerd strap')
 - Unless wearing polarizing glasses, sunglasses,
- 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