

# Gear list

Please note:

- this list is not exhaustive. Anything you think is pertinent to bring with you should be brought
- this list is not mandatory. It represents the ideal gear list as based on experienced and literary resources
- good boots and socks ARE mandatory
- please avoid any cotton gear, as they do not dry well enough and bring extra humidity for everyone!

## Clothes

✓	Equipment	Number	Details
	<b>Feet</b>		
	Wool sock	2 pairs	Synthetic or merino, Heavy or Medium weight (one of each !)
	Liner sock	2 pairs	Synthetic (help for moisture: dry foot = warm foot)
	Boots	1 pair	Has warm as possible (200-400g insulation)
	Crampons	1 pair	Optional, most fit on your boot (will really help) for example: microspikes
	Snowshoes	1 pair	Again optional but will really help (especially if big snowfall)
	<b>Bottom</b>		
	Base layer bottom	1-2	Medium or heavy weight merino or synthetic.
	Fleece pant	1	Synthetic
	Shell pant	1	Hardshell preferable (ie: ski), softshell ok
	Gaiter	1	Nylon or Gore-tex, optional (depending on your boots, but really helpful to keep feet warm and dry !)
	Underwear	2	synthetic
	<b>Torso</b>		
	Base layer top	1-2	Medium or heavy weight (preferable if has 1/4 zip), merino or synthetic
	Fleece	1-2	Heavyweight (ie: really warm), preferably with hood, having a backup is <u>always</u> preferable
	Hardshell jacket (with hood)	1	Can be Goretex, Nylon or your ski/snowboard jacket
	Down parka (optionnal)	1	For really cold weather. Down to your thigh is better

	<b>Hands</b>		
Mitten	1 pair	Heavy weight recommended	
Liner glove	1 pair	Optional but highly recommended	
Medium weight glove	1 pair	Optional, really useful for technical stuff	
	<b>Head</b>		
Balaklava	1	Synthetic - must provide adequate face protection	
Secondary neck protection (buff-style)	1	Synthetic	
Winter Hat	1	Synthetic	
Secondary fleece hat	1	Merino or synthetic	
Sun Shades	1		
Ski goggle	1	If possible, REALLY helps if gets windy	

## Gear

	<b>Sleep</b>		
Sleeping mattress	1	Or sleeping pad	
Sleeping bag	1	-10 C would be better	
Sleeping bag liner	1	optional, helps with moisture and warmth, mandatory if sleeping bag not hot enough	
	<b>Consumables</b>		
Bowl	1		
Cutlery	1	Fork, spoon, knife, or the good old spork	
Small bag for trash	1	Or the good old Pringle box	
Bottles	2-3 X 1L	Needs to be 100% watertight because will be in the sleeping bag overnight (Nalgene recommended)	
Over bottle	1 or 2	To keep them insulated. Optional since hike will not be that long but obviously helps. Can just be a heavy wool sock	
Pre-hike breakfast	1	For Saturday morning	
On trail lunch	2	For Saturday and Sunday's lunch	

	Snack	(as much as you want)	High Calories; as much as you think you'll need !
<b>Trekking</b>			
	Backpacking bag	1	30-40L. You must be able to carry your gear and have little extra space for our common gear; we probably won't be able to carry everything by our own!
	Over bag	1	Must fit
	Compression bag	1	Optional, to help reduce the packing size of the sleeping bag
	Walking stick	1-2	Optional but again helps with balance and to distribute the load
<b>Safety equipment</b>			
	Frontal lamp	1	Not negotiable. With extra batteries. Your strongest
	Compass & Map	1	We will always travel in group but having one is always better
	First aid kit	1	The instructors will each have their own
	Small repair kit	1	If possible Includes at least tissue repair (tape), and extra laces
	Hand/toe warmer	?	Can save limbs! As much as you think you'll need
	Swiss army knife	1	Can become really handy really quick

## Schedule

Sunrise: 6h55

Sunset: 17h05

From Montreal to Lowe's Cabin: 3h10-3h30 (without traffic)

From Springfield to Lowe's Cabin 3h30-3h50 (without traffic)

### **FEBRUARY 9th**

Arrival to Lowe's trail: 10AM

- Hike: 3,3 miles (5.3km) with 3000ft (915m) of elevation gain on Lowe's Trail : 3-4hrs

Arrival to Gray Knob Cabin: 14h

- Quick lunch with 1st class: clothing +/- packing weight (best time to do this teaching because everyone will have come with their own gear with varying amount of knowledge and might be wet, hot or cold...) - 1hrs

Small hike in alpine environment: 15h to 16h

- so people have an idea of what it is like - 1hrs

Hypothermic wrap and transportation technique: 16h-17h

Supper: 17h-18h30

Hypothermia and Frosbite: 18h30-19h30

Altitude 19h30-20h30

## **FEBRUARY 10th**

Breakfast and teaching 6-8h

- Trauma (MARCH approach)
- Avalanche

Hike and simulations 8h-14h

- Hike to mount Adams: 1,5 miles (2.4km), 1500ft (460m) of elevation gain from Gray Knob Cabin. (1.5h)
- If we want to go to mount madison after: 1.3 miles (2.1km) with 600ft (180m) elevation gain and return is 2.6 miles (4.2km) with 700ft (210m) elevation gain. (4h)

3 simulations 8h-14h

- 30 min each (1.5, max 2h)
- 1st: Chris scenario
- 2nd: trauma
- 3rd: hypothermia and extraction for 1 mile

Hike back home via lowe's path (2-3h) 14-17h max