

## Printable White Mountains Expedition Details (ages 15-18)

Explore the beauty of New Hampshire's White Mountains by day hiking and backpacking 5-6 peaks over 5000 feet in elevation. The first couple of days will be spent exploring around Franconia Notch. Next you will backpack three days - two nights in the Presidential Range ending by day hiking Mt Washington - the highest peak in the Northeast at 6,288 feet above sea level. From hearty maples to pioneering birch to hearty balsam to gnarly shrubs you will ascend through various forest ecosystems and experience time in altitudes where not even trees can grow. This trip offers breathtaking views and physical challenges, so make sure you are in shape for it.

### Dates and Rates

#### White Mountain (8 day)

July 28-August 4 , \$535

#### Other Fee Options

Franconia MC Bus, \$17/way

William PH bus, \$13/way

Spending Money, \$30-50

### Important Times

#### Sunday

FMC Bus departs 2pm\*

WPH bus departs 3pm

\*arrive 20-30 min. early

Expedition Reg. 3:15-4:30pm

#### Sunday

Dismissal 4:30pm

William Penn Hwy Bus returns 5:45

Franc. Bus returns 6:45pm\*

\*Arrive 15-20 min. early to sign out camper and collect luggage.

### Activities

Day Hiking

Backpacking

**Intensity:** Strenuous

### What to Bring

Because you are packing for a back country camping experience **one very important concept is to avoid using cotton and denim clothing.** Cotton becomes heavy, uncomfortable, and does not insulate when it is wet. Cotton should be particularly avoided in socks, shorts, underwear and outerwear. Look for material names like wicking, Quik-Dri, Merino Wool, Cool Max, Capilene, Therm-a-silk, Techwick, and Poly-pro.

**Do not overspend for this trip.** Most of the items are common and ones that you probably already have or, could easily borrow.

Two bargain camping stores are Campmor: [www.campmor.com](http://www.campmor.com) and Sierra Trading Post: [www.sierratradingpost.com](http://www.sierratradingpost.com). EMS, LL Bean, and REI are also great stores for outdoor clothing and gear but tend to be a bit more expensive.

**Remember, please label all clothing & personal items so that lost items can be returned to you.**

- 1 lightweight non-cotton sleeping bag in a stuff sack and Pillow
- 2-3 quart-sized water bottles for water storage (*Nalgene style best*)
- Plate, Cup, Bowl, Utensils (plastic or metal dishes)
- **Broken-in**, waterproof boots with good ankle support (you can buy waterproofing materials at most outdoor stores)
- 3-4 pair hiking socks (Non-cotton, preferably wool Plate, Cup, Bowl, Utensils (*plastic or metal dishes*))
- 1 nylon poncho or appropriate rain gear (*avoid easily torn vinyl ponchos*)
- 3-5 T-shirts (*at least 2 being quick drying T-shirts*)
- 3 pair quick drying shorts (*example: nylon soccer shorts*)
- 2-3 pair quick drying (*non-cotton*) underwear helps avoid rash and discomfort
- 1 modest swim suit
- 1 wool sweater or fleece jacket (*Non-cotton insulating layer*)
- 1-2 Pairs of pants (*Not Jeans or Cotton Sweats. Bring windbreaker or Fleece material*)
- 1 Warm knit cap (*for warmth should it get chilly*)
- 1 long underwear top and bottom for cool nights (*no cotton please*)
- 1 Pair of sport sandals, sneakers, or Crocs for in camp (*No flip-flops*)
- 1 day-pack with shoulder straps (*school backpacks work fine*)
- A small Bible in a zip-lock bag (*lightweight size or a New Testament*)
- Flashlight or Headlamp with extra batteries
- \$20-\$25 Cash (*This is for travel snacks, and one meal on the road*)
- Towel (*quick dry best*)
- Sunscreen (*SPF 15 or higher*) and Insect Protection

- Chap Stick
- Effective whistle
- Bandana
- “Zip Lock” baggies to waterproof anything you really want dry (1 Gallon size best)
- Backpacking pack [3000 to 4000 cubic inches} (Optional, camp had backpacks to borrow)
- Folding pocket knife (optional)
- Compact camera (optional)

***Some of these items may seem excessive for warm weather but the reality of wet, cold, and wind is possible and dangerous in any season. We might not use some of the above items but we want to be prepared!***

### **What Not to Bring**

Cell phones/ electronics, Non-prescription Meds, Drugs/ Alcohol/ Tobacco, Dangle or hoop ear-rings, Spaghetti strapped Tops, Bikini style swim suits, Mid-cut and short shirts, Personal sports equipment, Animals or Pets, Snack foods/ Candy, Weapons of any kind, Fireworks & combustibles.

### **Clothing Modesty**

*We encourage staff and campers to wear clothing that adheres to the modest standard described below. Please carefully look through your clothes to honor this request. In some cases we may ask you to change if the standard below is not met*

- Swimsuits should be modest and one piece or a Tankini-only if the fabric fully overlaps (no Bikinis).
- Shorts should be suitable for recreation, and not form fitting or overly short.
- Shirts should be suitable for recreation and modest. Please do not pack form fitting shirts, and those that reveal stomach.
- Tank Tops must pass all expectations for shirts and not have thin straps or expose the back.
- Please do not bring clothing with wording or images contrary to the Christian principles of the camp.