

AMC NH Presidential Range Hike – Gear List

1. In/on your pack

- Backpack: 45-55 liter*
- Trash or compactor bag to line pack
- Plastic bags for wet/dirty laundry and trash
- Pouches/ziploc bags to organize contents*
- Pack cover*
- 3x1qt water bottle, OR 2qt bladder + 1qt bottle.
Water must be easily accessible while hiking
- Hiking poles (strongly recommended)
- Sleeping bag liner (or sheet); pillowcase cover*
- Camp shoes (Crocs, Tevas, sneakers, etc.)*
- 1 pair wool or synthetic hiking socks
- 2 empty bread/produce bags*
- 1 pair synthetic shorts (ok if from zip-offs)
- Extra hiking bottoms*: 1 set underwear and 1 pair light synthetic pants or shorts
- Extra hiking top*: 1 short-sleeve or light long-sleeve synthetic/wool shirt
- Light wool/synthetic sweater/jacket or long sleeve shirt, full zip best
- Med-heavy wool/synthetic jacket, full zip best
- Waterproof/breathable jacket w/hood, NO PONCHOS
- Rain pants, best if can go on/off over boots
- Light summer “shorty” gaiters*
- 1 pair lightweight synthetic gloves*
- Lightweight beanie*
- Sun/rain hat or ball cap; sunglasses; sunblock
- Bathing suit (optional)
- Phone and charging battery (optional)*
- Headlamp or small flashlight w/extra batteries
- Camera (optional)
- Earplugs*
- Small camp towel, e.g. ~12”x18”
- Personal hygiene supplies
- Personal first aid incl. moleskin/tape for blisters
- Signal whistle
- Small pocket knife or multitool
- Spare boot laces
- Bandana (many uses!)
- Bug repellent (no aerosol cans) and/or head net
- Face covering for Covid prevention

2. Wearing (at Sunday breakfast)

- Hiking boots/shoes, well broken in
- 1 pair wool or synthetic hiking socks
- 1 set underwear (no cotton)
- 1 pair light synthetic pants (zip-offs recommended)
- 1 short sleeve shirt (wool or synthetic)
- Additional clothes from pack as needed
- Wallet/ID/money

3. “Drop bag” for Highland Center

You will access this bag Thursday midday

- Fresh pair of hiking boots* (highly recommended)
- 2 pairs wool/synthetic hiking socks
- 1 pair underwear (no cotton)
- 1 pair light synthetic pants (zip-offs recommended)
- 1 pair synthetic shorts (ok if from zip-offs)
- 1 short sleeve shirt (wool or synthetic)
- Extra hiking bottoms*: 1 set underwear and 1 pair light synthetic pants OR 1 pair synthetic shorts
- Extra hiking top*: 1 short-sleeve OR light long-sleeve synthetic/wool shirt
- Wool/fleece hat*
- Gloves*: medium weight synthetic or wool
- 1 pair synthetic or wool lightweight long underwear bottoms*
- Phone charging battery* (optional) (separate and label)
- Phone charger* to use at Highland Center (optional)
- Bag for your Pemi dirty laundry
- Nothing that can't stand a hot car!***

4. Put in your car before Sun. breakfast

Items NOT to be used on hike!

- Clothing/gear from trip up
- Clean clothing/gear/shoes for trip home
- Towel, soap, washcloth, quarters for showers at Pinkham
- Vehicle-related items
- Snacks that can survive a week in a hot car
- NO VALUABLES—keep them with you!**

All items are required unless otherwise noted! * Denotes detailed notes on next page

Detailed notes on particular items

- We strongly discourage taking a **pack** larger than 55L; those packs are heavier and encourage overpacking. If you already have a larger pack that you know fits you well, feel free to use it and resist the temptation to pack it full.
- **Ziploc bags, pouches**, or stuff sacks are great for keeping your gear organized and can add some water resistance. It's easy to overdo and add a lot of weight. 1 gallon ziploc bags or 5L-15L stuff sacks/pouches are usually a reasonable size.
- A **pack cover** is essential in the rain, even though your pack will be lined and a pack may claim to be waterproof. Multiple lines of defense keep your gear dry.
- The huts have wool blankets that can sometimes be a bit scratchy, a **sleeping bag liner** or **sheet** adds a little warmth and a lot of comfort. Be mindful of weight: a single flat sheet you can wrap yourself in is sufficient, no need for a full bedding set.
- **Camp shoes** give your feet a break from (possibly wet) hiking boots.
- **Bread bags** are useful to keep your socks dry if your boots get wet. There are other options, but none as light and cheap.
- **Extra bottoms** and an **extra top** provide backup hiking clothing and clean sleeping clothing. If you know you sleep cold, bring the long sleeve shirt and pants. We change out all clothing at the midway point.
- **Gaiters** are particularly recommended for those wearing shorter boots; a lightweight pair helps keep out dust, pebbles, and splashed water. They shouldn't be much higher than your ankle; calf-height waterproof winter gaiters are too much for this trip.
- The Presidentials (second half of the trip) are higher and more exposed to the weather. They are thus usually colder (including in the huts). We suggest starting with lightweight **gloves** and **hat** then switching to heavier gloves and hat at our midway point. You can also carry the heavier, Presi-suitable, hat and glove from the beginning. We add a pair of **long underwear bottoms** midway for the same reason.
- There is no power available at the huts. If you bring a phone, an external **battery pack** is useful for keeping it charged. We spend about an hour at our midway point with access to power. You can put a **charger** in your drop bag to top off your phone, but plan to rely primary on the battery pack.
- **Earplugs** are essential in the shared sleeping environment of the huts. Most people have found silicone ones most comfortable to sleep in.
- If you have two good pairs of **hiking boots**, a spare in your Highland Center bag can result in happier feet, particularly when it is rainy for the entire Pemi (which has happened before).