

## **Environmental Science Program – Equipment and Clothes**

**EQUIPMENT:** This is our list of important equipment that all students should have every day -

Hiking Boots (over the ankle) - Walking and hiking are essential elements of the program. With the exception of the canoe prep and canoe days, nearly every single day of the program will feature long walks. These walks build into some extensive hikes in the last full week of the program and, ultimately, into our ascent of Mt. Washington. It is important to break in your boots, which is why students are required to wear them throughout the program. If you have boots already, please try them on again before starting ESP and do some walking around to ensure everything is good. If you plan to buy new boots, please get the advice of a salesperson, and try on multiple pairs.

Backpack - Any regular daypack or school bag will do. The only requirements are that it has enough room for your lunch, rain gear (tops and bottoms), a small first aid kit, and maybe a Frisbee. A CamelBack or similar pack that accepts a water-bladder will increase the comfort of the student, but they are not required, and most students historically have not used them. Some students will use frame packs owned by ESP for the Mt. Washington trip; you may also choose to purchase or rent your own.

First Aid Kit - During our trips students can maybe exposed to small scrapes, blisters, and the like. Some bandaids, moleskin, and a small tube of neosporin or bacitracin should be fine. Include some sunscreen and insect repellent.

Water - Two Liters of water, in either water bottles or water bladders, are required on ALL trips, with some trips expressly requiring extra. Bottled water is not a good option - it is not sustainable. Tap water in an unbreakable container will do.

Rain Gear - A rain jacket (no ponchos) is required on all trips. Umbrellas are not appropriate for hiking and field work; they are not allowed even on our urban trips. We recommend that rain pants be brought every day, and they are mandatory for the mountain sequence. PVC rain gear is not allowed on Mt Washington; it is not rugged enough for the conditions there and can shred in the winds.

Lunch - Something delicious and nutritious, that does not require refrigeration.

Sun protection - a hat and sunblock are recommended.