



2023 GLORIA White Mountains Field Work Gear List

Conditions in the alpine can be thought of as a very cold desert. As such, expect strong sun, dry conditions and temperatures that can be very warm in the sun, but also very cold! Gear lists are always difficult because what works for one person doesn't work for another, and many of these choices come down to personal preference. Below is a list of some of my thoughts for good gear packing. Disclaimer: I can't promise this is absolutely comprehensive for every participant :)

Clothing and Sun protection

The best way to dress in the alpine is in layers, because of the constantly changing conditions. By layers, I mean having clothing that fits over other clothing, for example I might start out the day in pants, a light wool base layer, a shirt and a fleece. When the afternoon becomes cold and windy as a thunderstorm approaches, I might put on gloves, rain pants, a puffy jacket and a rain jacket. When the storm passes I might take off the rain layers to stay comfortable. Throughout the day I am doing my best to keep protected from the sun, it is very powerful at 12,000 ft!

- Rain jacket
- Rain pants
- Gloves
- Warm hat / beanie
- Socks (a hiking pair, a super warm sleeping pair)
- Baselayers (bottom and top)
- Field shirts (long sleeve, and sun shirts are great too)
- Field pants

- Fleece
- Puffy jacket
- Sunglasses (a backup pair is not a bad idea)
- Sun hat (the more coverage the better)

Personal comfort and hygiene

- Soap
- Bath towel
- Toothbrush, toothpaste, floss
- Sunscreen
- SPF chapstick (crucial!)
- Medications (if any)
- Small personal first aid kit
- Extra personal snacks, hydration tablets, treats :)

Footwear

We will be spending time moving over loose rock, as well as walking for a few hours at a time. Comfortable yet protective shoes are a must, and those that can afford some peace of mind on loose terrain are all the better.

- Hiking/field work shoes (boots work well for many people)
- Sandals
- Comfy hangout shoes

Sleeping

While WMRC does NOT provide bedding, and a good night's sleep is crucial:

- Sleeping Bag (20F or warmer is recommended)
- Your favorite pillow
- Pillow case
- Something to cover the bed with (sheet/ground cloth/trarp)
- Earplugs / eyemask

Other Items

- Daypack (25-40 liters)

- Headlamp with extra batteries
- Phone, wallet, keys!
- Binoculars (if you have them)
- Wristwatch
- Laptop
- Charging cords
- Field notebook, pencil, pen
- Fun stuff (paints, musical instruments, hula hoop...)
- Hiking poles (if this is your jam)
- Two 1L refillable water bottles (at least)
- Personal tupperware for packing lunch
- COVID-19 Antigen tests (2)