

4000 FOOTERS CLUB BACKPACKING TRIP



- When:** Monday, August 18, 2008 through Friday, August 22, 2008
Van leaves Monday at 9:00am sharp and returns by 5:00pm.
Tuesday Van leaves at 7:00am sharp and returns Friday by 7:00pm
- Who:** Open to all middle and high school students
- Where:** Monday will be a trail maintenance day. We will learn what goes into maintaining the trails that we hike in New England. The rest of the week is a four day backpacking trip in the White Mountains of New Hampshire. During this trip the group will summit several of the 48 mountains over 4000 feet in elevation in the White Mountains of New Hampshire.
- Cost:** \$300
- What:** You should take a look at the detailed equipment list in this packet.

To sign up for this program NAYS should receive from you: this permission slip, medical form/liability waiver (possible already on file, call to check), payment.

For more information, please contact Ryan Chasse, (978)682-9000x229, rchasse@nayouth.com

I, (Parent or Guardian) _____ give my permission for
(Participant) _____ to participate in the NAYS 4000
Footers Club Hiking Trip from Monday, August 18, 2008 through Friday
August 22, 2008

Signature: _____ Date: _____

(Parent/Guardian)

NAYS Clothing and Equipment List

Please do not omit items on the required list. **What you wear opening day is from this list.** Extra clothes and equipment that are brought beyond this list will be stored at NAYS at the beginning of the trip.

PERSONAL CLOTHING REQUIRED:

5 t-shirts ("quickdry" short sleeve shirts)	4 pair hiking socks	1 towel
1 fleece pullover/zip-up jacket	1 pair polypro sock liners	1 bandanna
4 pair of shorts	1 pair light weight high top hiking boots	1 flashlight/ headlamp and spare batteries
1 pair fleece pants/sweatpants	1 pair shoes for camp	toiletries:
1 long sleeve undershirt and pants/long underwear (light Weight)	1 pair sport sandals	comb, brush, floss,
6 pair of underwear	1 rain-suit; jacket and pants	toothbrush, soap, deodorant,
2 pair of athletic socks	1 winter hat	sunscreen, shampoo,
	1 baseball cap/sun hat	toothpaste, insect repellent,
	1 pair light mittens or gloves	lip balm
	1 bathing suit	

****No Midriff-baring shirts**

****Bandannas are used to dry hands after washing**

Note: No Leatherman, pocket or sheath knives, animals or weapons permitted on trips. No cell phones, Personal Game systems, or other hand held electronic devices please.

PERSONAL GEAR REQUIRED:

Sleeping Bag	3 Season bag with a temperature rating of 15 degrees Fahrenheit or 3 lbs. fill weight. Polarguard, Hollofil, or qualofil recommended Semi-rectangular or mummy style. Bag must be compactable and have a nylon stuff sack. cloth fabric bags are not permitted.
Sleeping Pad	a thin, closed cell ensolite, duralite, regalite or self inflating therma-rest style mattress. Should roll up to a diameter of no more than 8" and fit in a duffel.
Backpack	<u>Framed</u> backpack that is made for multi-day backpacking trips. Please <u>double</u> waterproof items in bag even if bag claims to be waterproof.
Eating Utensils	1 (12-16oz.) insulate mug, 1 plate (9-11"), 1 bowl, 1 fork and spoon. 12" x 18" mesh bag used to hold items. 1 tupperware type container designed to hold two sandwiches, used to avoid throwaway plastic.
Day Pack/Bookbag	1 non-frame book bag sized pack with padded shoulder straps. Should be large enough to hold a lunch, water bottle, rain gear, etc.
Water Bottles	2 one-quart or litre lexan water bottles. (no leaky bottles like bicycle water bottles)
Pajamas	Campers sleep in nylon shorts and t-shirts
Tenting	We will have to bunk up and share tents. No boy/girl tents. If you have a waterproof tent that sleeps between 2 and four people please plan on bringing it.
<u>Packing Request:</u>	Due to the limited space available in the vans, extra clothing and hard sided duffels will not be accepted. Please mark and label all clothing/equipment.

OPTIONAL ITEMS:

camera/film	soccer or football	paperback books
sunglasses	crazy creek camp chair	small sketch pad & pencil
Hacky sack, frisbee	travel board games/cards	small camp pillow