Mt. Moosilauke Day Hike  
Woodstock, NH  
October 28, 2018

TRIP DESCRIPTION:
Mt. Moosilauke has been climbed by locals for 300+ years. The mountain has a long history of use as a hiking destination, source of timber, and winter playground. The summit is bare and has wonderful 360 degree views of the rest of the White Mountains, Vermont, and even into the Adirondacks on a good day. The weather during the fall can vary widely and include full winter conditions. It may feel like fall but prepare for winter on the mountain!

The Enriching Essential Learning Outcomes (E2LO) Initiative helps you build connections between the core outcomes that you achieve in the classroom and events and experiences that take place beyond it. The program you are attending is designed to enrich your student experience related to Social Responsibility and Ethics by exposing you to the concepts of Leave No Trace Outdoor Ethics. By attending programs like this your student experience may be enriched in a variety of ways! For information on E2LO events, experiences, rewards and scholarship opportunities please visit the UMass Lowell E2LO website.

APPROXIMATE PHYSICAL DIFFICULTY:

STRENUOUS: Distance 7+ Mi/11km, Weight Carried 10-20lbs. Terrain Rugged trails, may include scrambling and steep inclines and downhills. Previous hiking experience and good physical fitness is highly recommended. Participants can expect elevation change up to 2000ft/600m or more over 5-8+ hours.

COST: $15 for students/faculty/staff, $30 for guests

INCLUDED IN TRIP COST:
- Transportation—12 passenger van, unless otherwise noted.
- Activity Equipment —with the exception of some clothing and personal items listed on the packing list.
- Park Entrance Fees
- Instruction and Leadership

REGISTRATION ONLINE:
- Fill out an Online Waiver, Print and fill out the Medical Questionnaire
- Register online
- You can also register in person at the Outdoor Center, 5 Lawrence Drive

PRE-TRIP MEETING:
- Over the phone the week before the trip.

TENTATIVE ITINERARY: Due to the nature of outdoor trips, all itineraries are subject to change.

- 7:00 a.m. Meet in Bike Shop/Outdoor Center, load up!
- 9:30 a.m. Arrive at the trail head, hit the trail!
- Lunch on trail — do not forget to pack a lunch!
- 5:00 p.m. Head back to campus, bring money for dinner on the road
- ~8:00 p.m. Arrive back to campus. De-issue gear and trip evaluations.
PACKING LIST: The items on this list are HIGHLY recommended for your trip. Current temperatures and personal preference should be considered when packing. Please contact us if you have any questions or have trouble acquiring any of the items on the list. A (*) denotes items that can be provided for you at no additional charge.

☐ Medical Questionnaire (Printed, Don't Email), Complete online waiver.
☐ Lunch and Snacks – *bring plenty of snacks to stay fueled!*
☐ *2 water bottles: quart size – you need at least 2 liters of water with you! It’s a hot day
☐ Sunglasses: highly recommended, borrow from a friend or buy a cheap pair
☐ Sun Hat
☐ Hiking Socks: wool hiking style are strongly recommended, they keep your feet cushioned and dry for trail conditions
☐ Hiking Boots or Athletic Shoes: hiking boots are strongly recommended due to potentially rocky, snowy and slippery conditions
☐ Hiking Pants: dress for the current temps, synthetic fabric preferred (avoid cotton, no jeans)
☐ Shirt: synthetic quick dry fabric is preferred
☐ *Rain Jacket and pants
☐ Insulating hat and gloves
☐ Warm Top Layer (synthetic fabric is preferred; fleece is best)
☐ Sunscreen & lip balm: 15 SPF minimum
☐ Camera: protective case is highly recommended
☐ Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement
☐ Personal medical insurance card

Note: We will distribute other equipment specific to the activity at the pre-trip meeting or on trip departure day. If you have any personal equipment you would like to bring on this trip, please contact the trip leaders can make sure it is appropriate for the needs of this trip.

For further questions or information, please contact us:
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