Mt. Moosilauke Day Hike
Benton, NH
March 30, 2019

TRIP DESCRIPTION: Mt. Moosilauke has been climbed by locals for nearly 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 spring can vary widely and include full winter conditions. It may feel like spring 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.

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:
- Fill out an Online Waiver
- Register Online

PHYSICAL EXERTION LEVEL & PREREQUISITES
- Moderate: Participants will hike 3-7mi/ 5-11 km with the weight each participant carries ranging from 3-5lb/ 1-2kg. Trails may include heavy snow, ice, and steep hills. Micro spikes, crampons or snowshoes may be needed. Expect temperatures ranging to 10F/-12. No previous experience is required, but good physical fitness is recommended. Conditions may require specialized clothing, and participants should expect elevation changes up to 300-1000ft/90-300m over 2-5 hours.

PRE-TRIP MEETING:
- By phone with trip leaders in week preceding trip

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

- Saturday:
  - 5:30 a.m. Meet in the Bike Shop/ Outdoor Center, load up!
  - 8:30 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
  - ~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
☐ *Snowshoes, Microspikes, Poles, Etc... OAP Staff will provide participants with appropriate winter hiking equipment.

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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