

# BACKPACKING THE APPALACHIAN TRAIL

## Adventures in Good Company's suggested packing list

### FOOTWEAR

- \_\_\_ 1 pair midweight hiking boots (Gore-tex, cordura, or leather). They should fit comfortably, without constriction, when you are wearing your socks
- \_\_\_ 1 pair lightweight camp shoes (sandals, clogs) to wear in camp.
- \_\_\_ 2 pair thin liner socks; silk or synthetic equivalent (Capilene, Coolmax, Polypropylene) **Not everyone prefers liner socks**
- \_\_\_ 2 pair thick socks: wool or synthetic equivalent (Thermax, Ultimax, or Coolmax)

### CLOTHING (including what you are wearing)

- \_\_\_ 1 pair comfortable, lightweight, synthetic hiking pants/zip-offs (Supplex, or nylon/polyester/spandex blend) (optional: you can also wear shorts or a skirt w/long underwear for warmth)
- \_\_\_ 1 lightweight long sleeved fleece or lightweight long sleeved wool shirt.
- \_\_\_ 1 pair lightweight long underwear top and bottoms: silk or synthetic equivalent (Capilene, Thermastat, MTS, or polypropylene)
- \_\_\_ 1 pair shorts or hiking skirt: Not cotton.
- \_\_\_ 1-2 synthetic T-shirts
- \_\_\_ 1 wide-brimmed or duck bill hat, or baseball cap for sun, rain and high fashion.
- \_\_\_ 1 stocking cap, wool or fleece or a buff
- \_\_\_ 1 pair gloves: wool, Capilene, or Polartec
- \_\_\_ 1 rain parka and rain pants: a **waterproof**/breathable fabric like Gore-tex. Partial or full length leg zippers are great for easily putting your pants on over your shoes or boots.
- \_\_\_ underwear
- \_\_\_ a fresh change of clothes for the ride home

### EQUIPMENT

- \_\_\_ 1 backpack: internal frame of at least 4000-4800 cu in capacity OR external frame of at least 4300 cu in.
- \_\_\_ 1 sleeping bag; synthetic fill or down fill, warm to 20 degrees F
- \_\_\_ 1 **lightweight** sleeping pad: "closed cell" foam pad, Thermarest® self-inflating pad, or Ridge Rest® pad
- \_\_\_ 3 or 4 stuff sacks or Ziploc bags for organizing your gear in your pack
- \_\_\_ 2 heavy-duty, extra-large garbage bags to line your backpack and sleeping bag stuff-sack
- \_\_\_ 1 rain cover for your backpack
- \_\_\_ Hydrations system or 2 one-quart water bottles
- \_\_\_ Trekking poles

### ESSENTIALS

- \_\_\_ small headlamp with fresh batteries
- \_\_\_ lip block with SPF of at least 15
- \_\_\_ Sunglasses (100% UV blocking)
- \_\_\_ 2 bandannas
- \_\_\_ bowl, cup and eating utensils
- \_\_\_ **SMALL** pocket knife

**We provide the sunscreen and insect repellent as part of the group gear unless you need something specific.**

### TOILETRIES (small everything)

- \_\_\_ toothbrush, small toothpaste, dental floss, moist towelettes (1 per day), sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia, glasses
- \_\_\_ personal "patch kit": bandaids, 1 safety pin, moleskin, compeed, duct tape, foot powder, ibuprofen, personal medications, if any. **Individuals allergic to insect stings must bring an epi-pen.** Please consult your physician and tell your guide.

### OPTIONAL

- \_\_\_ small journal and pen
- \_\_\_ compass
- \_\_\_ camera and film
- \_\_\_ short gaiters
- \_\_\_ small, lightweight backpacking towel (like PakTowl)
- \_\_\_ compression sacks for your sleeping bag and clothing will give you more packing space in your backpack.

**Please call with questions- we'll be happy to talk with you about how to make do with what you have as well as places to buy the stuff you don't have. (see back)**