

APPALACHIAN TRAIL SECTION BACKPACK PACKING LIST

FOOTWEAR

- 1 pair midweight hiking boots (Remember to waterproof your boots!)
- 1 pair lightweight camp shoes (lightweight sandals, clogs) to wear in camp.
- 2 pair hiking socks: (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

CLOTHING

- 1 pair comfortable, lightweight, synthetic hiking pants/zip-offs/3/4 pants/skirt
- 1 short sleeve technical tee-shirt.
- 1 lightweight long sleeved fleece or lightweight long sleeved wool shirt.
- 1 pair light to mid weight long underwear top and bottoms: silk, wool or synthetic equivalent
- 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 lightweight gloves: wool, Capilene, or Polartec
- 1 rain jacket AND rain pants: a waterproof/breathable fabric like Gore-tex.
- Underwear
- Change of clothes for last evening out/travel home

EQUIPMENT/ESSENTIALS

- 1 pair Trekking poles (required)
- 1 backpack: internal frame, at least 65-liter capacity OR external frame, at least 68-liter capacity
- 1 sleeping bag; synthetic fill or down fill, warm to 30 degrees F
- 1 lightweight sleeping pad: "closed cell" foam pad, Thermarest® self-inflating pad, or Ridge Rest® pad
- Capacity to carry 2/3 liters of water (Please see Notes on Packing List)
- 1 heavy-duty, extra-large garbage bag AND 2 tall white kitchen trash bags
- 1 rain cover for your backpack
- Small headlamp with fresh batteries
- Bowl, cup and eating utensils (not metal)
- Sunglasses (100% UV blocking)
- 3 or 4 stuff sacks
- 2 bandannas
- Ear plugs (for a good night's sleep)
- 3 quart and 3 gallon size Ziploc bags

AGC supplies the sunscreen, TP and insect repellent as part of the group gear unless you require something specific.

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, contact lens paraphernalia, sanitary supplies
- Lip protection with sunblock of at least SPF 15
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

Not required but highly recommended:

- Short gaiters
- Compression sacks for your sleeping bag and clothing

OPTIONAL

- Small journal and pen
- Basic compass
- Camera and film /memory card
- SMALL, lightweight pocket knife

NOTES ON PACKING

Please note: If you are not familiar with any of the terms used as explanation regarding the equipment or clothing required for this trip or would like help with any item listed please let us know. Detailed Information will be sent beginning 6 months prior to your trip regarding equipment, what to look for and how to purchase. Please let us know if you need information on any item before that time.

Backpack: You will need **either an internal frame** backpack **with at least a 65 liter** capacity OR **an external frame with at least a 68 liter capacity**. It is essential to have a backpack that fits correctly, as an ill-fitting pack can ruin your trip. While we understand wanting to borrow a pack, do not try to get by with someone else's pack that doesn't quite fit. Be sure to have your backpack fitted to you by your local outfitter whether it is a new one you purchase for the trip or one that you already have. Need help deciding on a backpack? Ask for our information guide on buying a backpack.

Pack Cover: These are waterproof, usually elasticized covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built in pack covers. An alternative to purchasing a pack cover is to use a heavy-duty, plastic bag to line your pack to protect the contents from rain – you pack however will get wet using this method. Purchasing a pack cover is highly recommended.

Regarding organization/packing your backpack: Several small stuff sacks (rather than one large one) are a great way to organize your gear, clothing and food. Compression sacks are highly recommended for sleeping bags and clothing.

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

Sleeping bag: Bring a sleeping bag with either down or synthetic insulation that is rated for at least 20/30°F depending on how warm/cold you sleep. Other than temperature rating, weight and bulk are some of the factors to consider in sleeping bags. Appropriate choices for the climate we will be backpacking include Down, Waterproof Down and Synthetic. We strongly recommend using a compression sack for your sleeping bag, this decreases the amount of space your sleeping bag takes up in your pack.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. **NO COTTON** for your active wear! It should all be made from synthetic/synthetic blends, down/down blends or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Short gaiters: are optional but highly recommended for keeping your socks clean (reducing the chance of blisters), keeping debris out of your boots (another blister preventive measure), providing another barrier between you and poison ivy and, most importantly --- if it rains they keep your socks dry and prevents wicking water down into your boots.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic

poncho will both leak and tear easily and is not adequate. There are many choices that range from inexpensive (example, Frog Togs/Ducs) to quite expensive. Just be sure it is meant to keep you dry.

Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as Camelbak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

Trekking Poles: Trekking poles are **required** for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions:
<http://blog.adventuresingoodcompany.com/blog-women-travel/bid/154714/Trekking-poles-for-hiking-trips-the-4-most-common-questions> .