

PACKING LIST – HIKING LODGE TO LODGE ON THE APPALACHIAN TRAIL

- 1 pair of lightweight hiking boots: boots need to be well broken in and comfortable. Low, mid or high-top boots all adequate – personal preference.
- 1 pair of comfortable shoes (crocs, athletic shoes, sandals) for wearing after hiking
- 2-3 pairs of hiking socks (wool or synthetic – Thorlo, Smartwool, etc.)
- 1-2 pair synthetic sock liners (optional: some women prefer not to wear them)

CLOTHING

- 2 pairs of comfortable long pants: one nylon/supplex for hiking and one for wearing other times. Zip-offs work well
- 1 pairs of shorts or hiking skirt
- 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun (button up front-style works well)
- 3 T-shirts or short-sleeved shirts (synthetic or lightweight wool)
- 1 pair lightweight long underwear top and bottoms: silk or synthetic equivalent (Capilene, Thermastat, MTS, Polartec, or polypropylene)
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent (“expedition weight” long underwear, micro fleece). A fleece vest can work for this layer.
- 1 mid-weight fleece jacket
- 1 rain parka AND rain pants: coated nylon or a **waterproof**/breathable fabric like Gore-tex.
- Underwear/nightwear
- 1 pair wool, Capilene, or Polartec gloves and a lightweight wool or fleece hat
- 1 wide-brimmed hat with a strap that will keep it on your head
- Whatever clothes you like to wear around the lodges

ESSENTIALS

- Sunglasses (100% UV protection)
- Insect repellent
- Croakies or other sunglasses retainer
- 1 daypack large enough to hold your supplies for the day
- 1 Sandwich size container for lunches. Small bowl, cup (for hot or cold) and fork/spoon. (See notes on packing list.)
- 1 tall kitchen size trash bag and/or pack cover (to waterproof your day pack)
- 2 one-quart water bottles or a hydration system that fits in your pack
- Trekking poles (highly recommended)
- Headlamp or small flashlight

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, and sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- personal “patch kit”: Band-Aids, 1 safety pin, moleskin, compeed (or blister bandages), ibuprofen, personal medications, if any. Individuals allergic to insect bites must bring an anaphylactic kit. Please consult your doctor.

OPTIONAL

- Camera (extra battery) and film/memory card
- Book, notebook, journal, pencil/pen
- Binoculars
- Ear plugs (for a good night’s sleep!)
- Your favorite snack(s)
- Playing cards, games
- wrist watch with an alarm or travel clock
- Bandana (multi-useful)

NOTES ON PACKING

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please do not overpack!**

Daypacks: Your daypack should be large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), sunscreen, warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

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.

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.

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.

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.

Sandwich size container for lunches. Small bowl, cup (for hot or cold) and fork/spoon. A sandwich size container is recommended for packing lunches each day. There will be sandwiches and salads that you can use this container for. The Small bowl, cup, fork/spoon will be used for your dinner and breakfast at Lewis Mountain Cabins. Your guides will cook/provide both of these meals.

Trekking Poles: Trekking poles are highly recommended 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, [click here to read this blog post](#) that addresses the most commonly asked questions.