

A.T. Packing List

Clothing

- Sturdy hiking boots
- Synthetic short sleeved shirts (not cotton)
- Long sleeved shirt for cold mornings
- lightweight trekking pants or shorts(zip-offs preferred, not jeans)
- At least two extra pairs of socks
- At least two extra pair of underwear
- Hat
- Crocs or other lightweight shoes for breaks and at camp
- **RAIN GEAR-PACK COVER AND PONCHO MANDATORY!!**

Gear

- Backpack
- Sleeping bag
- Sleeping pad
- Tent, hammock, or tarp
- Trekking pole
- small flashlight or headlamp
- Water container-3 liter camelbak or a gallon jug
- Cooking stove and a new can of fuel and lighter (or make arrangements to share. If sharing you must supply your own fuel)
- Cookpot with lid
- spoon
- Water treatment drops or filter
- personal hygiene items including deodorant, toothbrush, toothpaste, germ-x, biodegradable soap
- 1 small knife
- small first aid kit-must have moleskin and medicated powder.
- large roll of medical (athletic) tape for taping ankles
- Map & compass
- Insect repellent
- toilet paper and trowel
- Bear Bag & at least 50 ft of rope **REQUIRED**
- Sunscreen
- Small notebook & pen

Optional

- camera
- Music device (in camp only. Using it on the trail will get it confiscated).
- Small lightweight games (non electronic) for in camp-cards, bottle top checkers, etc.

Video games will be allowed for the drive, however they will not leave the vehicles. They are not to be packed in your backpack and taken on the trail.