



Nature Camps, Inc.

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Teen Adventure

Appalachian Trail Trip Gear List

- Backpack. Preferably a fitted internal frame backpack. Visit one of the local camping stores.
Note: *A cheap, misfitted backpack = A miserable, uncomfortable trip down the trail.*

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| <input type="checkbox"/> One personal plastic tarp big enough for you to sleep on or cover your gear | <input type="checkbox"/> Sleeping pad |
| <input type="checkbox"/> Small flashlight or headlamp | <input type="checkbox"/> Hiking boots or shoes. Not athletic shoes! They do not offer the right amount of support and protection needed on trail. |
| <input type="checkbox"/> Extra batteries | <input type="checkbox"/> Toiletries- 1 small bottle of biodegradable soap, toothbrush, toothpaste, sunscreen |
| <input type="checkbox"/> 3 short sleeve T-shirts (NON-Cotton if possible) | <input type="checkbox"/> SANDALS THAT WILL NOT FALL OFF IN MOVING WATER SUCH AS TEVA'S® OR CHACO'S®. <u>NO FLIP FLOPS SHOULD BE BROUGHT ON A TRIP.</u> |
| <input type="checkbox"/> 3 pairs of shorts (Non-cotton if possible) | <input type="checkbox"/> 2 liter sized Naglene® Bottles or similar container. Camelback® reservoirs are also nice if your pack allows space for one. |
| <input type="checkbox"/> Bathing suit (one piece suit for girls) | <input type="checkbox"/> Journal and pencil or pen. You may use your NC journal |
| <input type="checkbox"/> 1 long sleeve t-shirt | <input type="checkbox"/> YOUR OWN eating utensils: Plate, cup, fork, knife, and spoon. |
| <input type="checkbox"/> 1 stocking cap or similar hat | |
| <input type="checkbox"/> 1 pair of long pants | |
| <input type="checkbox"/> A light jacket or fleece | |
| <input type="checkbox"/> Rain gear (poncho, rain jacket, rain pants). | |
| <input type="checkbox"/> 6 pairs of socks (non-cotton if possible) | |
| <input type="checkbox"/> 6 pairs of underwear (a change per day) | |
| <input type="checkbox"/> 1 small pack-able towel | |
| <input type="checkbox"/> 1 large bandanna | |
| <input type="checkbox"/> Sleeping bag | |

We suggest marking your name in permanent marker on all items. Clothing, socks, and underwear etc. should be packed in waterproof bags such as trash bags or Ziploc® bags.