

## Appalachian Trail Trip Gear List

This list covers everything you'll need for the trip, including what you'll be wearing on Monday.

Think small and light! Everything on this list will be on your back, plus food items and group camping gear.

*NO ELECTRONICS MAY BE BROUGHT ON THE TA TRIPS – THIS INCLUDES CELL PHONES, MP3 PLAYERS, ETC.*

- Backpack: a fitted internal frame backpack. Visit one of the local camping stores. Note: A cheap, misfitted backpack = A miserable, uncomfortable trip down the trail.
- Fitted pack cover or large poncho for rainy weather
- Small flashlight or headlamp with new batteries
- 2 short sleeve T-shirts (NON-Cotton if possible)
- 2 pairs of shorts (Non-cotton if possible)
- Bathing suit (for whitewater rafting)
- 1 long sleeve t-shirt or light button-up
- 1 pair of long pants (light material)
- Rain gear (rain jacket, rain pants).
- 5 pairs of light wool hiking socks
- 5 pairs of underwear or spandex undershorts
- 1 small pack towel (optional)
- 1 hat (optional)
- 1 bandanna
- Backpacking sleeping bag (easily compressed)
- Compact sleeping pad

- Hiking boots with adequate ankle support. Not athletic shoes! If they're new, start wearing them before the trip to break them in.
- Toiletries- toothbrush, toothpaste, sunscreen
- Water shoes that will not fall off in moving water. Strap-sandals or Keen-style water shoes are recommended. No flip flops or Crocs.
- 2 liter sized water bottles or 1 bottle and a water bladder.
- Nature journal and writing utensil, a light book if desired.
- Bowl and Spoon
- A few dollars for ice cream or a snack in Harpers Ferry.

NOTES:

- Mark your name in permanent marker on all items.
- Clothing, socks, and underwear etc. should be packed in waterproof bags such as gallon Ziploc baggies.
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