

Packing List- Appalachian Trail Pilgrimage

Plan on packing lightly, since you will have to carry all of this on your back. Having layers of clothes is the key—you could be sweating on the hike and very quickly cooling off when we reach camp. Look at the forecast for Mar Hill, NC and subtract 10-15 degrees

Clothes

Long pants (quick dry)
Shorts (quick dry) (convertibles also work)
Boots (if not already waterproof, apply spray)
Camp Shoes
Wool or Synthetic socks for hiking (no cotton plan on 2 pairs per day)
Underwear
T-shirt (short and long sleeve)
Rainproof Jacket
Fleece Top or Down/Synthetic Vest
Gloves
Wool/fleece hat

Personal Gear

If you do not have one of these items, please let us know, we may be able to supply you:

Backpack (50-80 liters) (have rain cover or bag liner/big trash bag)
Sleeping Bag (3 season at least 35 degree)
Sleeping Pad
Water bottle/ Water Bladder (must be able to carry 2-3 liters of water)
Plastic knife, fork and spoon, plastic bowl or plate, cup
Headlamp with spare batteries
Lighter
Personal Medical kit (with blister protection)
Toilet Paper and Poop Trowel
Stuff Sacks and Plastic Bags
Trekking Poles

Communal Gear (email Robert Payne ripayne@mac.com if you have these items)

Backpacking Tent
Camping Hammock
Stoves
Back Packing Pots/Utensils
Water Pump

