



## APPALACHIAN TRAIL CHECKLIST

Serious hiking trips start with serious planning. Whether you're tackling the whole 3500km Appalachian Trail as a thru-hike or just hiking a section, being prepared is the first step. Research is an absolute must; weather and terrain vary greatly depending on the season and section you choose.

### Sleeping and shelter

- Sleeping bag and compression sack
- Dry bag or garbage bag to put your sleeping bag in
- Sleeping pad
- Lightweight packable pillow (optional)

Shared items for your hiking group:

- Tent with full-coverage rain fly
- Footprint
- Tent poles and stakes (may want snow/sand stakes for beach sites)

### Camp kitchen

- Water bottles or hydration reservoir (2L total)
- Lightweight mug
- Plate or bowl
- Spoon, fork or spork

Shared items for your hiking group:

- Water filter/water treatment system
- Food (don't forget snacks and coffee)
- Single-burner backpacking stove
- Fuel for stove
- Lighter or waterproof matches and fire starter
- Pot set
- Cooking utensils
- Biodegradable soap
- Dishcloth and dish scraper
- Tarp to cover cooking area
- Lightweight dry bags for hanging food at night (make sure they're big enough for all the group's food and scented items, including toiletries and garbage)
- 15–20m of lightweight rope or cord, plus a carabiner for hanging food

### Hiking gear

- 50–75L backpack
- Rain cover or pack liner
- Stuff sacks or sealable plastic bags to organize items in your pack
- Hiking boots
- Gaiters
- Trekking poles
- Garbage bags for extra waterproofing (and to pack out your garbage)

Shared items for your hiking group:

- Hiking permit in sealed plastic bag
- Appalachian Trail guidebook
- Topographic Appalachian Trail maps
- Compass
- GPS (optional)
- Large sealed plastic bag to store guide, map, compass and GPS



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## Safety gear

- Headlamp or flashlight with extra batteries
- Watch
- Whistle
- Personal first aid kit with blister care
- Sunscreen
- Sunglasses
- Knife with safety locking blade
- Bear spray in holster
- Repair kits for sleeping pads, tents and stoves; include duct tape and repair tape
- Prescription medication in a sealed, dry container
- Trip plan left with a friend

## Shared items for your hiking group:

- Multi-tool
- Trowel (for the bathroom)

## Clothing

When it comes to materials, leave the cotton behind. Make sure your hiking shorts, long johns, pants, T-shirts, underwear and sports bra are made of quick-drying materials that wick moisture.

- Hiking socks (2–3 pairs, wool-blend)
- Liner socks, if necessary (2 pairs)
- Dedicated pair of socks for camp
- Synthetic, quick-drying underwear (2 pairs)
- Sports bra
- T-shirts (1–2)
- Hiking shorts
- Hiking pants (nylon works well)
- Lightweight long johns
- Fleece jacket, lightweight puffy jacket or wool sweater
- Rain jacket
- Rain pants
- Toque or neck gaiter (wool or fleece)
- Lightweight wide-brimmed sun hat
- Lightweight fleece gloves

## Personal items

- Toilet paper – bagged and lots of it
- Hand sanitizer
- Quick-drying towel or face cloth
- Toothbrush
- Toothpaste (small amount)
- Feminine hygiene supplies
- Cash and credit/debit card
- Power bank or spare batteries for electronic devices
- Phone or emergency communication device
- Earplugs
- Notebook and pencil

## Optional items

- Hammock or lightweight chair
- Lip balm
- Deodorant
- Bug spray or bug hat
- Camera
- Binoculars
- Playing cards