CHECKLIST

APPALACHIAN TRAIL BACKPACKING GEAR LIST

Our comprehensive checklist for backpacking the Appalachian Trail includes tips for preparing for the trip, as well as essential gear, clothing, personal items and food.

EQUIPMENT
- Backpack (big enough for a bear canister)
- Pack raincover
- Small daypack (optional)
- Tent, with guylines & repair sleeve
- Tent footprint (optional)
- Sleeping bag
- Sleeping pad
- Whistle (plus signaling mirror)
- Multifunction watch (altimeter is optional)
- Knife or multi-tool
- Compass
- GPS (optional)
- Map(s) & guidebook(s) or route description
- Trekking poles (optional, but recommended)
- LED headlamp with extra batteries
- Water filter and backup treatment system
- Stove, fuel and repair kit
- Matches or lighter
- Cookset, dishes, bowls, utensils, cups
- Nylon cord (at least 60 feet)
- Repair kits; duct tape strips
- Fire starter (for emergency survival fire)

CLOTHING AND FOOTWEAR
- Wicking, quick-drying underwear
- Wicking, quick-drying sports bra
- Wicking, quick-drying long underwear
- Wicking, quick-drying T-shirt
- Wicking, quick-drying long-sleeve shirt
- Quick-drying pants
- Quick-drying shorts (optional)
- Fleece or insulated jacket or vest
- Fleece pants (optional)
- Waterproof/breathable rain jacket
- Waterproof/breathable rain pants
- Bandana or Buff
- Sun-shielding hat or ball cap
- Winter hat
- Gloves or mittens
- Hiking boots/hiking shoes suited to terrain
- Socks (synthetic or wool) plus spares
- Swimwear (optional)
- Blaze-orange hat or vest (in hunting season)

PERSONAL ITEMS
- Sunglasses
- Water bottles or hydration reservoirs (3L)
- Sunscreen
- Lip balm
- Toothbrush with cover and biodegradable toothpaste
- Biodegradable soap
- Toilet paper
- Sanitation trowel
- Hand sanitizer
- Women’s hygiene items
- Personal wipes
- Spare eyeglasses or contact lenses
- Medications
- Plastic zip-top bags
- Insect repellent (effective against ticks)
- Tick-removal tool (optional)
- Bear spray (optional)
- First-aid kit (see our First-Aid Checklist)
- Quick-drying towel
- Camera or video cam (optional)
- Extra memory cards (optional)
- Binoculars (optional)
- Cell phone (don’t rely on service)
- Satellite communicator / PLB (optional)
- Field guide(s); star identifier (optional)
- Journal, pen & reading material (optional)
- Fishing gear and permit(s) (optional)
- Credit card; cash
- National park AT permits
- Camping reservations for your itinerary
- Trip itinerary left with friend

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## APPALACHIAN TRAIL BACKPACKING GEAR LIST

### FOOD
6,000 calories per day in these categories:
- Breakfast (oatmeal, granola, freeze-dried)
- Lunch (bagels, summer sausage, cheese)
- Dinner (pasta, couscous, rice, freeze-dried)
- Snacks (cookies, GORP, jerky, dried fruit)
- Energy gels
- Energy bars
- Electrolyte replacement drink mix
- Extra day’s supply of food (on each section)

### LIGHTER GEAR OPTIONS
- Rodent-resistant food sack
- Ultralight/mesh hiking shoes
- Ankle-high gaiters
- Lighter sleeping bag (30° - 39°)
- Ultralight rain jacket

### MORE ROBUST GEAR OPTIONS
- Bear canister (for a short section)
- Waterproof hiking boots
- Calf-high waterproof gaiters
- Warmer sleeping bag (15° - 29°)
- Waterproof/breathable rain jacket/pants