

# **EQUIPMENT LIST FOR THE APPALACHIAN TRAIL**

## **(Pioneers - 14-17 years old)**

### **Personal gear**

#### **Mandatory equipment**

One good pair of hiking boots (with good deep thread soles)  
Waterproof grease (paste) for the boots  
Plastic bags (ziplock-type brand) one gallon (15) and smaller (10)  
Sneakers  
One medium size and one small towel  
Two pairs of shorts  
One pair of pants (sweat pants style)  
A warm pullover  
One rainjacket ( puncho style)  
Three undergarments  
Three pairs of cotton socks  
Three pairs of wool socks  
Three T-Shirts  
One windbreaker  
One bathing suit  
One hat (cap)  
One cup and one plate (metal or plastic)  
One spoon  
One water bottle  
One Backpack, internal or external frame with waist belt and padded shoulder straps  
One ground mat (foam type or inflatable)  
One sleeping bag (synthetic fibers such as Polargard or Hollofill II is recommended)  
One good quality whistle  
Elastic bandage  
Toothbrush and toothpaste  
Bug repellent liquid ( no spray)  
Flashlight  
Biodegradable soap  
Moist towelettes (Wet Ones type)  
Wool cap and gloves ( mountain tops are not always warm!!)  
Cover pack

Elastic band with hooks on both ends  
Dr Scholl's moleskin (highly recommended for sore spots)  
Second pair of glasses (if you wear glasses)

## **Optional equipment**

Knife  
A pair of boot covers (they protect the ankles and help keep them dry)  
Camera, film  
Shoe strings  
Card game, "aki"  
Paper, books, pens  
Headnet  
Sewing kit  
Glasses strap  
Nylon socks ( they protect against sore spots)  
Personnel hygiene kit

For the seniors additional clothing is required, it will be delivered when the group is met for re-supply

Very important: If you are already a Pioneer, don't forget your "amulette"

Note: This equipment list is only for your hike on the trail, additional clothing will be needed for days spent in camp.