



ADVENTURES
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Hiking Lodge to Lodge on the Appalachian Trail Packing List

FOOTWEAR

- 1 pair of lightweight hiking boots: boots need to be well broken in and comfortable. Low, mid, or high-top boots all adequate – personal preference.
- 1 pair of comfortable shoes (cros, athletic shoes, sandals) for wearing after hiking
- 2-3 pairs of hiking socks (wool or synthetic – Thorlo, Smartwool, etc.)
- 1-2 pair synthetic sock liners (optional)

CLOTHING

- 2 pairs of comfortable long pants: one nylon/supplex for hiking and one for wearing other times. Zip-offs work well
- 1 pairs of shorts or hiking skirt
- 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun (button up front-style works well)
- 3 T-shirts or short-sleeved shirts (synthetic or lightweight wool)
- 1 pair lightweight long underwear top and bottoms: silk or synthetic equivalent (Ex: Capilene, Thermastat, MTS, Polartec, or polypropylene)
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent (“expedition weight” long underwear, micro fleece). A fleece vest can work for this layer.
- 1 mid-weight fleece jacket
- 1 rain parka AND rain pants: coated nylon or a **waterproof**/breathable fabric like Gore-tex.
- Underwear/nightwear
- 1 pair of **WARM** windproof, water resistant gloves or mittens
- Wool or fleece hat
- 1 wide-brimmed hat with a strap that will keep it on your head
- Swimsuit (Mimslyn Lodge has an outdoor seasonal pool and a year-round hot tub)
- Whatever clothes you like to wear around the lodges

ESSENTIALS

- Sunglasses (100% UV protection)
- Insect repellent
- Croakies or other sunglasses retainer
- 1 daypack large enough to hold your supplies for the day
- 1 Sandwich size container for lunches
- 1 tall kitchen size trash bag and/or pack cover (to waterproof your day pack)
- 2 one-liter water bottles or a hydration system that fits in your pack
- Trekking poles
- Headlamp or small flashlight

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, and sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal “patch kit”: Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, personal medications, if any.



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Individuals allergic to insect bites must bring an anaphylactic kit. Please consult your doctor.

OPTIONAL

- Camera (extra battery) and film/memory card
- Book, notebook, journal, pencil/pen
- Binoculars
- Ear plugs (for a good night's sleep!)
- Sit pad (for sitting on the ground during trail breaks and lunches). Could be one section of a closed cell foam sleeping pad. (Ex: <https://www.rei.com/product/179492/exped-flexmat-plus-sleeping-pad>)
- Swimsuit (outdoor pool at Mimslyn and year round hot tub)
- Your favorite snack(s)
- Playing cards, games
- wristwatch with an alarm or travel clock
- Buff/Bandana

Notes on Packing

Adventures in Good Company's packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. **As space for luggage on our trips is limited, please DO NOT OVERPACK! There is only enough room for MEDIUM sized duffel bags and suitcases or smaller.**

Daypacks: Your daypack should be large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), sunscreen, warm layer (fleece pullover or vest), personal first aid kit, gloves or mittens, warm hat, and personal items such as camera, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. Before you leave home check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

Footwear: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

Personal First Aid Kit: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles, or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

Clothing: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your activewear! It should all be made from synthetic/synthetic blends, down/down blends, or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

WARM, windproof, water resistant gloves or mittens. Please be sure your gloves/mittens are warm. AGC runs trips in the spring and in the fall. Both of these seasons can be warm and offer very comfortable temperature but, there can also be cooler temperatures with some rain and yes – occasionally snow. Warm gloves are essential for both your comfort and safety.



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Hydration: Being able to easily access your water without assistance, so that you can drink frequently, is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

Sandwich size container for lunches. A sandwich size container is recommended for packing lunches each day. There will be sandwiches and salads that you can use this container for.

Trekking Poles: Trekking poles are highly recommended for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, [click here to read this blog post](#) that addresses the most commonly asked questions.