

# Ladies 26 VA Triple Crown Hike

26 miles of beautiful Appalachian Trail



## GEAR PACK 1 - Gear and Supply List - Ladies:

Below is a list of items that are recommended for the “Ladies Appalachian Trail 26”. This list includes a great deal of forethought, preparation and experience and should be seriously considered. Attached you will find an expanded list with tips and detailed explanations for many of the items listed.

**ATTENTION:** This list is ONLY for hikers that paid extra for the \$29 “Gear Pack 1”.

### Cooking:

- ✓ Stove
- ✓ Mess kit
- ✓ Fuel (for stove)
- ✓ Camp Soap
- ✓ Matches (water-proof or sealed in water tight case)
- ✓ Sponge (small pre-soaped works good)
- ☐ Utensils (fork, spoon)
- ☐ Water-purification tablets
- ☐ Metal cup (for coffee drinkers) (OPTIONAL)

### Food:

- ☐ 4 hearty breakfast meals (can use stove)
- ☐ 4 lunch meals (non-preparation meals)
- ☐ Snacks
- ☐ Drink mix packets (OPTIONAL)
- ✓ Dinner Meals

### Clothing:

- ☐ Wool or fleece hat (for cold nights and mornings)
- ☐ Crocks (off brands accepted)
- ☐ Boots (well broken in, lightweight – no steel toe)
- ☐ 3+ pairs of socks (at least 1 wool pair)
- ☐ Rain Gear – (jacket required, rain pants are optional)
- ☐ Ball cap (OPTIONAL)
- ☐ 2 complete sets of clothes (in your pack)
- ☐ Air-seal bags for clothing
- ☐ Sweatshirt or fleece
- ✓ Camp towel

### Emergency & Preparedness Gear:

- ☐ First aid kit
- ☐ Insect repellent (OPTIONAL)
- ☐ Prescription medication
- ☐ Pain killers
- ☐ Mirror (OPTIONAL)
- ☐ Pocket knife (Swiss Army or Leatherman style)
- ☐ Sewing kit (OPTIONAL)
- ✓ Emergency glow stick
- ✓ Duct tape or Gorilla Tape
- ✓ Rubber bands
- ✓ Super glue
- ✓ Emergency blanket

- ✓ Carabineers or D-clips
- ✓ Camp rope (25 foot of parachute 550 cord)
- ☐ Sleeping pad
- ☐ Two Trekking Poles
- ☐ Colored stuff bags (to sort items)
- ☐ Light tarp (One per group of two hikers - can share)
- ☐ Rain fly for backpack (your poncho will not work)
- ☐ Headlamp
- ✓ Tent
- ✓ Water storage bottles (wide mouth)
- ✓ Backpack (4000+ cu. in.)
- ☐ Zip lock bags (for dry storage – bring extra)
- ☐ Sleeping Bag w/ compression bag

### Miscellaneous Accessories:

- ☐ ID – Drivers License
- ☐ Emergency Medical Information
- ☐ Camera (OPTIONAL)
- ☐ Toilet paper (biodegradable)
- ☐ Feminine Hygiene Products (OPTIONAL)
- ☐ Small King James Bible (w/ Old and New Testament)
- ☐ Small notebook for journal (trail & spiritual)
- ☐ Pen AND pencil
- ☐ Personal hygiene items (toothpaste, brush, deodorant)
- ☐ Cash – \$10.00+ (all in ones – TAKE ON HIKE)
- ☐ Cash – \$10.00+ (for meals on way home)
- ☐ Hand Wipes

### Other Items:

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Do NOT Bring (prohibited items):

Radios, CD, tape players, MP3 players, electronic games, tobacco/alcohol, fireworks, tank tops, t-shirts with worldly prints, mobile phones, magazines, and books (beside Bible and notebook), illegal drugs, firearms, GPS, video recording equipment, jeans or denim clothing, firearms, satellite tracking or communication devices, and energy drinks or powders.

**PLEASE NOTE:** Think in ounces, not pounds! Every little ounce or gram of weight that you remove is vital. If you can shave off 1 ounce out of every item in your pack, you could reduce as much as 3-4 pounds off you back for a week. That will seem like a lot after you have carried it for days. Your MAXIMUM pack weight can NOT exceed 32 pounds (without water). A good weight to aim for is 24-27 pounds.