

**University of Minnesota Duluth - Recreational  
Sports Outdoor Program**

# **Hike the Legendary Appalachian Trail Equipment List**



On this trip the weather may vary from warm and sunny with a high of 70 degrees to cold, rainy, snowy and windy with temperatures in the teens. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers. Pack equipment in your backpack.

### **WE FURNISH:**

- Tents
- First-aid kit
- Camp stoves/fuel
- Food
- Cooking utensil kit
- Tarps
- Water purification
- Toilet paper
- Cook kit

### **YOU NEED TO BRING:**

#### **Van Travel**

- Small duffle bag with pillow, comfy clothes and food money

#### **Camping/General**

- Internal or external frame backpack
- Sleeping pad (closed cell or inflatable-style)
- Sleeping bag (to 20<sup>o</sup>)
- Broad brimmed hat for sun protection
- Unbreakable eating utensils (plate, cup, bowl, fork, spoon)
- Flashlight or Headlamp w/ fresh batteries
- Hygiene kit/toothbrush/paste
- Sunglasses/Sunscreen

#### **Clothing**

- Rain gear top and bottom
- Comfortable, loose fitting pants
- Long underwear (not cotton)
- Wool or fleece shirt/sweater
- Swimsuit/Towel
- Sleepwear
- Light shoes or Sandals
- Warm winter hat
- Down or synthetic insulated jacket
- Sturdy hiking boots/shoes (must be closed toed with ample support)
- Warm jacket
- T-shirts
- Bandana
- Underwear
- Shorts
- Socks (wool or synthetic)
- Warm mittens/gloves
- Rain Gear (Jacket/pants)

**Note:** Save room in your backpack to help carry items for the group like food, stoves, tents, tarps and cook sets.

### **EQUIPMENT TIPS:**

- Be sure to bring clothing that will keep you comfortable in very wet and windy conditions.
- Cotton is for van riding and inside wear only. All your outside layers should be synthetic or wool.
- Protect yourself from the strong rays of the Appalachian sun with a combination of wide-brimmed hat, sunscreen and protective clothing.
- Carrying water is important. Camelbak-style hydration systems are great to keep water accessible on the trail.
- Sleeping bags and pads can be rented from the RSOP – 726-7128.

### **EXTRAS YOU CAN BRING:**

Camera, binoculars, journal, pencil/pen, pocket knife, music and DVD's for in the van, books to read, field guides, compact art supplies.

### **DO NOT BRING:**

- Valuables
- Recreational drugs or alcohol
- Cell phone on trail

### **GENERAL INFO:**

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[www.umdrosop.org](http://www.umdrosop.org)