

Appalachian Trail Explorers – Packing List – Summer 2020

Camp Frontier, Inc.

Please follow this packing list closely as some items will be carried on the Appalachian Trail.
Please opt for small and light-weight items when ever possible.

On-Trail Items

- 2 Dri-Fit Shirts (or other fast drying shirts)
- 2 Short pants
- 2 Pair of thin socks (inner layer)
- 2 Pair of thick socks (outer layer)
- 3 Pair athletic underwear
- 1 Poncho
- 1 Sleeping shirt (long or short)
- 1 Sleeping pants (long or short)
- 1 Hat / Cap
- 1 Light-weight windbreaker (jacket)
- 1 Crocks, flip flops (to be worn at camp sites)
- 1 Small tube toothpaste
- 1 Toothbrush preferably in its own container
- 1 Pocket knife
- Hiking boots with good ankle support (large enough to accommodate thick socks)
- Cell phone with available memory space for photos and videos
- Small external charging battery and cable for cell phone
- Mosquito repellent non aerosol or wipes

Off-Trail Items

The following clothes will be needed while at the ***Nantahala OutDoor Center*** (Bryson City, NC):

- 2 sets Every day casual clothes: shirts, pants, underwear, socks
- Bathing suit for swimming and white water rafting
- Sneakers or tennis shoes
- Spending money for Nantahala OutDoor Center snack store, souvenirs
- Personal hygiene and toiletry items

Items Provided by Camp Frontier

All off-trail and on-trial food Backpack Sleeping bag Walking poles Sleeping pad CamelPack (water) Water treatment chemical and filters All eating implements and utensils Cooking stove and gas can Rain Gear	Tent First aid kit Fire building materials Back country all natural anti-bacterial soap Back country eco-safe toilet paper Waterproof food bag Headlamp Inflatable pillow Camping washcloth
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