

Appalachian Trail 2016 Gear List

Alan Carpenter

Start of trail with cold weather gear - swap out pack, sleeping bag, and tent when warm

Item	Details	Wt. (lb.)	Wt. (oz.)
Backpack	GoLite Pinnacle, red	2	1
Bandana	Full size, 100% cotton (only garment with cotton)	0	0.9
Cell phone	Phone, plastic case + charger cable + adapter	0	7.4
Container	Recycled Dole tangerine jar, plastic, 16 ounces	0	1.2
Duct tape	About 4 feet wrapped around one of the hiking poles	0	0.2
First aid kit	Neosporin, gauze, band-aids	0	3
Fuel bottle	Recycled 16-ounce soda bottle (excluding weight of alcohol)	0	1.2
Gaiters	Dirty Girl, low-cut	0	1.1
Glasses	Prescription	0	1.2
Gloves	REI pile gloves + OR shell mittens	0	5.8
Hat	Baseball model	0	2.8
Hat	Pile, blue	0	1.4
Head lamp	Black Diamond	0	1.4
Hiking poles	Black Diamond, length fully adjustable	1	5.3
Jacket	GoLite down	1	0
Long-john bottom	Maroon	0	6.7
Long-john top	Medium weight, blue	0	7.8
Maps	Current map	0	3.4
Matches	Regular book matches, 4 books	0	0.4
Money, valuables	Cash, ATM, credit, health insurance & business cards	0	1
Notebook	8 x 5.5 inches, 50 sheets, stiff back sheet	0	3.4
Pencil	Sharpie, extra fine point, for making notes on the maps	0	0.4
Pencil	Mechanical, includes extra leads and one eraser	0	0.4
Pocket knife	Swiss Army knife, medium smallest model	0	1.8
Poncho tarp	Used in the poncho mode as rain gear	0	10
Pot	Aluminum, 1.5 liter	0	4.6
Pot gripper	Aluminum, scavenged from old Svea Tourist cook set	0	1.2
Pot stand	Recycled steel fence wire	0	1.1
Running shorts	GoLite Mesa, gray, medium	0	5.8
Shirt	Long sleeve, light color, breast pockets, straight bottom, polyester	0	11.1
Shoes	Merrill, Moab Ventilator, size 11 4E, less footbed, with orthotic	2	10.4
Sleeping bag	Sea to Summit Tallus II	2	8
Sleeping pad	Z-Lite, folding type, egg-shell design, 3/4 length	0	9.3
Soap	Small bar from motel, in plastic bag	0	0.9
Socks	REI, recycled polyester, liner, two pairs	0	2.8
Socks	Ragg for sleeping	0	3
Spoon	Old Boy Scout issue, rivet on handle	0	0.9
Stove	Alcohol, home-made from Heinekin beer cans	0	0.9
Stove windscreen & heat reflector	Scavenged from MSR gasoline stove	0	0.4
Sunscreen	In small hand lotion bottle from motel	0	1.2
Sun glasses	Prescription, in soft case	0	0.6
Tent	Skyscape Trekker, includes lines, stakes, sack	1	11.5
Toilet paper	Re-rolled without the center piece, in small plastic bag	0	1.2
Vitamins	In small pill bottle, N ~ 30	0	1.2
Wash cloth	Small, red	0	0.9
Water bottle	Recycled soda bottle, 1 liter x 2, sometimes possibly one more	0	2.4
Water treatment	Aquamira drops, two 1-ounce bottles	0	2.5
Wind pants	Montbell, black	0	3
Wind shirt	GoLite, blue	0	6.2
Total weight of gear on trip (excluding food, water, fuel)		19 lb., 110 oz.	