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## Backpacking Medicine on the Appalachian Trail September 22-27, 2019

### **Gear List Appalachian Trail CME trip:**

*To have an enjoyable and comfortable trip, your goal should be to make your pack as lightweight as possible. Remove any excess packaging from items. Choose low water foods to bring. Choose small containers for toiletries and first aid items. Choose compressible/lightweight materials for clothing/ sleeping bags, etc. If you are traveling with companions, consider sharing gear to lighten each other's load. The goal will be to have a pack that weighs less than 30 lbs., but the lighter the better!*

- Backpack (recommend 50L or greater for duration of our trip)
- Rain cover for backpack
- Trekking poles if desired
  
- Tent or Camping hammock (you may share if arranged ahead of time)
- Sleeping bag (Temperature rating should be at least 30F or colder temperatures)
- Sleeping pad
  
- Water treatment (pump, drops or tablets, I use Aquamira drops)
- Water bottle or bladder (be able to carry at least 2 L at a time)
  
- Stove and fuel (i.e. Jetboil, pocket rocket, alcohol stove, whatever your preference- if you do not have a stove we can plan to share with those that do)

### **Survival:**

- Fire starting equipment lighter, waterproof matches
- Map (paper! Not GPS only)
- Compass (with signal mirror if possible)
- Headlamp with fresh batteries
- Pocket knife
- Phone or camera as desired, with battery as needed, with water resistant case
- Large garbage bag

### **Clothing:**

NO COTTON PLEASE- quick dry/synthetic materials preferred

- Rain jacket/pants
- Hiking clothes (i.e. shorts/t shirt will likely be warm during the day)
- Base layer (long sleeve/leggings)
- Insulating layer (such as down or thick fleece)
- Warm hat
- Gloves
- Sun hat
- Socks (at least 3 pairs)
- Hiking boots or substantial trail running shoes
- Camp shoes (i.e. crocs, sandals etc.)
- Bandana

**Toiletries:**

- Toothbrush/Toothpaste
- Biodegradable soap (I like Dr. Bronner's, very concentrated, bring only small bottle)
- Toilet paper/ Wet wipes
- Personal medications
- Sunscreen
- Insect repellent (if desired)

**First Aid:**

- Duct tape (I recommend wrapping around trekking poles)
- Band aids
- Antibiotic ointment
- Safety pins
- NSAIDs (i.e. Naprosyn, Motrin, Tylenol- whichever you might normally take for pain/inflammation)
- Benadryl
- Ace bandage
- Alcohol pads
- Any other prescribed medications, or travel medications you normally take

**Food:**

Meals will be provided by WAEL when indicated below. Otherwise you will need to bring food for yourself based on your preferences. Please contact me if you have any specific questions, special dietary requirements, or need suggestions for meals.

**DO bring:**

- foods that are high calorie and low water to save weight in your pack (i.e. trail mix, protein bars, instant oatmeal, quick rice, freeze dried meals, ramen noodles, tea, coffee, etc.)
- foods that can have boiling water added to rehydrate, and/or snack foods that are low water/high nutrition
- tea, coffee and hot chocolate – these are nice to have in the mornings and evenings
- a hydration drink powder such as Gatorade or Propel
- a stuff sack/ rope that can be hung outside in tree as a “bear bag”; to protect from hungry critters!

**Do NOT bring:**

- canned foods, foods that require refrigeration, or foods that require excessive cooking as this will deplete fuel sources quickly