

APPALACHIAN TRAIL CHALLENGE Packing List

Things to know

- We travel light on Overland trips; please only bring items on your packing list.
- Your group will have access to laundry periodically.
- Please do not bring any electronics (including your cell phone). See FAQs for more information on our cell phone and electronics policy.
- Do not bring any type of knife or multi-tool (such as a Swiss Army knife or Leatherman tool).
- If you are flying to trip start carry your sleeping bag and sleeping pad on the plane in case your checked luggage fails to arrive on time.
- Pack everything in your backpack or day pack. Do not bring additional luggage.
- There are no reimbursements for lost, damaged or stolen items.
- Please wear the navy Overland shirt that you will receive from the Overland office to your trip start location.

Please know that if your student arrives sick at trip start, they will not be allowed on the program. For more information on the packing list, please refer to the "What to Pack" tab on your trip's page on the website.

Clothing

- Navy Overland Shirt (1)
- Fleece Pants (1)
- Synthetic Hiking Pants (optional)
- Synthetic Long Underwear Top & Bottom (1)
- Synthetic Shorts (2)
- Synthetic T-Shirt (2)
- Underwear (5)
- Wool and/or Synthetic Socks (4)
- Winter Hat (1)
- Gloves or Mittens (pair)
- Hat with Visor (1)
- Bandana (optional)

Outer Layers

- Fleece or Packable Synthetic/Down Jacket (1)
- Waterproof Raincoat (1)
- Waterproof Rain Pants (1)

General Gear

- Internal Frame Backpack
- Waterproof Pack Cover
- Sleeping Bag
- Sleeping Pad
- Bowl, Mug & Utensils
- Water Bottle
- Headlamp & Extra Batteries
- Adjustable Trekking Poles

- Sunglasses
- Gaiters (optional)

Footwear

- Waterproof Hiking Boots
- Camp Shoes

Travel Documents

- Photo Identification
- Unaccompanied Minor Fee Receipt (if applicable)
- Baggage Fee Receipt (if applicable)

Miscellaneous

- Pre-Trip Training Calendar
- Synthetic Camping Towel
- Toiletries
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)
- Insect Repellent
- Package of Moleskin or Molefoam
- Gallon Sized Ziploc Bags (10)
- Large Trash Bags (4)
- Spending Money
- Personal Journal or Book (optional)
- Camera, Charger & Extra Batteries (optional)
- Health Insurance Card