

# **2018 APPALACHIAN MOUNTAIN TRAIL TRIP INFO & PACKING LIST**

Our small community will have the unique opportunity of hiking through the middle of Maine! In contrast to our fast-paced society, we will move at a pace conducive to observing the natural world around us. We will grow in our sense of responsibility for ourselves, both individually and as a small community, and for the fragile ecosystems through which we move.

Backpacking provides a thrill and challenge due to its simplicity. Traveling depends on our individual and collective energy, sensitivity and enthusiasm. A limiting factor is the amount we can carry on our backs, which will challenge us to pare down and take only the basic necessities. Our imaginations and involvement with one another will be the essential factors toward developing an exciting trip! There will be music, tales, creative writing, exploring and learning outdoor skills. This can be a special experience as we learn to work together, to share responsibilities and knowledge, to deal with the challenges of a long day and sore muscles, and to contribute to the excitement and fun of topping a peak.

Essential to our trip is an active conservation ethic. We will learn ways to minimize our impact on an oft-traveled route. By using stoves and by packing out what we pack in, we promote wise usage of the resources to help ensure the future beauty of the wilderness.

## **The Itinerary**

Each AMT's itinerary is unique, exciting and challenging! Since it does change from year to year, here is a general description of the trip.

Spending only the first night in camp, we will begin hiking in Baxter State Park. Here's where we begin our challenge, acquire safety skills, and learn to work as a team.

We will climb Katahdin, the highest mountain in Maine, which for us will be the beginning of the Appalachian Trail. We will continue along the Appalachian Trail for the rest of the summer, stopping for food resupplies and occasional rest along the way. After a long, relatively flat section of lake country called the 100 Mile Wilderness, the Trail winds through the Bigelows and the Saddleback Ranges. Finally, we will journey through the Rangeley area, with a dramatic finale in the Mahoosuc range.

Our last two days will be in camp, having spent almost seven weeks on the trail!

## **AMT Equipment List**

Please READ THIS LIST CAREFULLY and FOLLOW THESE SUGGESTIONS. You will find more details on major items below. We've run this trip for many years and have been "guinea pigs" through many equipment failures, blisters, broken boots and the like. To the best of our experience and knowledge, the equipment on this list will be most trouble-free. There are a few references to your "resupply floater". You will have the opportunity to store a few items at camp that will be brought out to you on each resupply. Though space is limited, there will be room for some extra socks and other items mentioned below.

## **AMT Equipment List**

<b>REQUIRED ITEMS</b>	<b>#Needed</b>	<b>Notes</b>	<b>#packed</b>
Sports Bras	2	Quick dry, no cotton	
Underwear	3	Quick Dry synthetic underwear comes in all styles. Optional if your shorts have a lining.	
Hiking t-shirts	2	No tank tops: all shirts must have shoulders to reduce discomfort from pack shoulder straps. Darker colors will look cleaner longer. You can keep your extra shirt in your floater.	
Hiking Shorts	2	Quick-dry synthetic shorts with or without liners. Waist should fit and legs should be roomy. A tried & true brand are Patagonia 'Baggies'.	
Long Underwear (top and bottom)	1	No cotton. For active use on chilly days and keeping warm at night. A top which zips up to cover part of your neck is preferable.	
Medium-weight Fleece Top	1	Look for breathable material that is warm and compact (avoid thick fleece jackets). Nights on windy mountain tops can get chilly.	
Fleece Pants	1	No sweatpants. For a warm layers at camp after a day of hiking.	
Warm Hat	1	Wool or polar fleece that covers ears.	
Pair of Mittens	1	Optional. Wool or fleece.	
Rain Coat	1	This should be lightweight, durable, and totally waterproof, with a hood. Gore-tex is recommended. Must fit over all insulating layers.	
Rain Pants	1	Choose breathability and durability. Full side zips are great for easy changing as well.	
Camp Shoes	1	Please bring one pair of closed-toe water shoes for use each day after hiking and for crossing rivers. Crocs are a great choice- lightweight and dry quickly. Keen and Chacos are an option, but are heavy and you can easily stub your toe with Chacos.	
Hiking Boots	1	See notes below	
Wool Socks	4-6	Buy your socks at the time you purchase your boots, so your boots can be fitted with the exact socks that you plan to wear on the trip. Try different brands. Some last longer than others. Smartwool socks are expensive but they do work well. Aim for a pair that breathes well and has medium cushion. We recommend bringing 4-6 pairs so you can have 2 or 3 pairs with you on the trail while other pairs are lovingly washed back at camp.	
Sock Liners	4	A thin synthetic sock liner add to the breathability of your wool socks. Very helpful in preventing blisters and keeping your feet clean and dry.	
Back Pack	1	See notes below	
Pack Raincover	1	A waterproof layer that fits over your full pack (not so big that hangs loosely off pack and collects water). Some packs come with a raincover.	
Sleeping Bag	1	Compressibility is super important, the smaller the better. Synthetic fill, NO DOWN (it is not warm when wet), we recommend a 20-30f	
Compression Stuff for Sleeping Bag	1	The smaller your sleeping bag can pack down the better. Must compress to a size no bigger than 10 L, again the smaller the better. A Waterproof compression stuff sack is ideal such as the Sea to Summit Ultra-Sil Compression Dry Sack	
Sleeping Pad	1	A <u>closed cell</u> ¾" full body length pad provides good insulation. Please no open cell (foam blow-up) they could pop on the trail. We recommend the Thermarest Zlite.	

Camelback or Platypus Water System	1	These water bladders can be stored in your pack and allow you to drink water at anytime. Please choose one that holds 1.5 Liters and can be removed from its insulated sleeve- all we need is the hose and the bladder.	
Wide-Mouthed 1 Liter Water Bottles	2	We recommend Nalgene. It is important to get 1 Liter water bottles (no more and no less) for the proper dilution of aqua-mira, our water treatment. Camp will provide bowls and spoons. Mugs are not necessary, as your nalgene will hold hot liquid as well.	
Headlamp	1	There are a number of choices and really it is a personal preference. Headlamps with LED bulbs last longer.	
Extra Batteries for Headlamp	3 sets	Bring at least 3 extra sets of alkaline headlamp batteries and an extra headlamp bulb.	
Camping Knife	1	Keep it simple, light and small.	
Bug and Tick Repellent	1-2	Lotion (no spray and please no aerosol cans) less than 40% DEET.	
Bug Head Net	1	The first days in Baxter can include many black flies and mosquitoes.	
Bandanas	3	Great for all sorts of sun protection and hygiene.	
Gaiters	1	They keep mud, rocks and water off your socks and out of your boots. This is an optional item, some love hiking in gaiters others are fine without them. Knee-length are recommended.	
Trekking Poles	1 set of 2 poles	A good set of poles can reduce a lot of stress on your knees and will aid in balance. Leki and Black Diamond are two reliable brands. Pick a collapsible pair so you can store in pack when not using.	
Extra Stuff Sacks		Optional. Some AMTers enjoy using colored stuff sacks to organize their gear in their pack.	
Travel Toiletries		Keep it simple! Toothbrush, toothpaste, tampons/pads, hairbrush, contacts, etc. Soap and deodorant are not needed, we will wash regularly in rivers and lakes with environmentally friendly soap.	
Pack Towel		Optional. A small quick dry camping towel can be nice to dry off with after a swim. Definitely not a crucial item and many hikers will just use a bandana.	
Journal/Pens/Books/Stationery/Cards/Musical Instrument		Remember we carry everything we bring on our backs so keep it light. Paper books only. Envelopes should be pre-stamped and ready to go. You can store these items in your gear floater so you can swap items out on resupplies.	
Camera		Disposable cameras are more convenient and lighter than other models. Digital cameras may be brought as well but you run the risk of getting it wet or running out of batteries. Please do not bring cameras that need to be charged!	

## **FOR USE IN CAMP**

- 1 small duffel bag
- 1 pair ALC blue shorts
- 1 ALC white shirt
- 1 ALC blue shirt
- 1 ALC Sweatshirt
- 1 Pair of Jeans
- 2 pair cotton underwear
- 1 bra
- 1 bath towel

## **GEAR Details**

**BACK PACK:** A pack can be a lifetime investment with proper care and purchasing. We recommend an internal frame-pack of 55-65 Liters for holding the necessary weight and volume of gear. A pack needs to be comfortable for the individual AND be fitted correctly to a camper's body, especially in the waist/hip belt. Have the pack loaded with weights (50 pounds) and wear it around the store for **at least 15 minutes**. Try to feel exactly where the pack might hurt or shift. Stores such as LL Bean, EMS, and REI have experienced salespeople who can reliably help you choose equipment. Brands that AMTer's have loved in the past are: Osprey, Gregory and NorthFace.

**Hip Belt** - This is important as most of the weight of the pack is transferred to the hips and legs; the sturdiest part of your body. Hence, the belt should be small enough, with 5" of tightening space, so that adjustments can be made tighter for heavier loads, or for when the belt stretches due to use and being wet. Also, you might lose inches from your middle as you grow more fit over the summer!

**BOOTS: This is the MOST IMPORTANT part of your hiking equipment!** Our feet are our sole means of transportation. Hence, good boots are a must, and proper sizing is mandatory. Here are some guidelines with enough information to help you make an informed choice. (MOST IMPORTANT: Boots must be well broken in before the trip!)

When considering the type of hiking we are doing, it is often classified as extended backpacking or heavy-duty hiking. We will be covering up to 15 miles a day, carrying full packs for more than 6 weeks!

When choosing a boot, you have two options: leather or synthetic. **Leather** boots are more expensive and take longer to break in. However, they are much more durable than synthetic boots and can last a lifetime if taken care of. **Synthetic** boots are usually less expensive and easier to break in. However, they do not last as long as their leather counterparts. Both types of boots have been worn in the past, and both present advantages and disadvantages. We suggest trying on both types, and basing your decision on how they feel.

Campers have had success with many different brands, but Asolo, Salomon, and Lowa have been the most popular brands most recently. **Vibram soles are suggested** – Vibram makes an excellent sole. They grip wet rock incredibly well, in addition to being very durable.

**Sizing-** try on boots while wearing your liner and wool hiking socks. This usually ends up being slightly larger than your regular shoe size. The slack will be taken up with socks, the weight of a heavy pack, and the spread of your feet in hot weather, as well as natural growth in foot size. This makes your boot a longer lasting investment.

**Boots should be bought by January**, at the absolute latest, or as soon as you know you have been accepted for the trip. Thoroughly break them in. Don't just wear them to school, but go hiking and carry weight in your pack. It makes a real difference as to how well you break in your boots. Waterproof them a few times before the trip using Snoseal, Mink oil, Aquaseal or NickWax. NEVER EVER use anything hotter than direct sunlight to aid the soaking in process.

**IMPORTANT** - You will be able to store a small bag of clothes for use after the trip. Your only other luggage should be your backpack. If you come to camp by plane or bus, it is a good idea to pull two large plastic garbage bags over your pack, and then tie cord snugly around the entire bag. You can slit two places for the straps so that the backpack can still be carried on your back. This ought to help protect against damage.

**FLOATERS**- On each resupply in addition to the week's food, mail and equipment, your "personal floater" will come out to the group. You can plan to keep a limited amount of personal supplies to replenish what you are carrying. New socks, bug spray, extra boot laces, film, batteries and the like can be kept in the floater. It is your responsibility to care for your belongings in your floater, just like all your equipment in your pack. Your leaders will be explaining even more of these details in the spring.

**PLEASE DO NOT HESITATE TO CONTACT THE ALC OFFICE WITH QUESTIONS OR CONCERNS ABOUT ANY OF THE ABOVE INFORMATION. WE KNOW THE LIST CAN BE SOMEWHAT OVERWHELMING, BUT IT IS ALL NECESSARY! IF YOU HAVE TROUBLE FINDING THE NEEDED EQUIPMENT, OR IF YOU RUN INTO SALESPEOPLE WHO AREN'T IN AGREEMENT WITH OUR LIST, PLEASE LET US KNOW. GOOD LUCK AND HAVE FUN!**