

## THE OFFICIAL PACKING LIST – CAMPING TRACK:

### GENERAL STUFF

1. **BACKPACK:** make sure that it fits! Consult a backpacking store to learn how a pack should fit. If you are buying a new pack, have the salesperson put some weight inside and then walk around the store for about 10 minutes. If it hurts after 10 minutes, it's going to kill after 7 miles. **RAIN COVER** a plus. If you don't have a rain cover, bring one super large trash bag that will fit over your loaded pack. About 55 to 77 liters in capacity.
2. **DAYPACK:** fanny or small bag that can fit around your shoulders. Big enough to hold water bottle, first-aid kit, bible, journal, and some food.
3. **SLEEPING BAG:** rated to at least 30 degrees, otherwise **YOU WILL GET COLD!** Last year was really cold! Sleeping bags are often rated 10 degrees above what they actually should be. Old sleeping bags can also lose their warmth. Hypothermia is a real threat, so please make sure your sleeping bag will suffice down to 30 degrees. Sleeping bag liners can also be used to add 10 degrees of warmth.
4. **AIR MATTRESS OR PAD:** air mattresses make a significant difference in providing warmth by keeping you off of the cold ground. Therma-rests or foam pads are the most popular.
5. **TENT:** no more than 8 lbs, 3 season is best, full rainfly essential. Ground tarp optional. The Smokies are a rainy place. Water inside your tent can lead to hypothermia when clothing and gear get wet.
6. **KNIFE:** a nice sheath so you can easily, safely, and securely carry it with you everywhere you go. It can be something as simple as a basic Swiss Army knife.
7. **STUFF SACK:** 3 recommended. 1 for food. 1 for your sleeping clothes (large Ziploc will also be fine). 1 for packing out garbage and toilet paper (Ziploc also fine). I like to use Ziplocs for garbage and toilet waste, but I keep them inside of a stuff sack so I don't have to look at them. We will have specially-designed pulley systems in our campsite to hang food & body products away from bears. Official bear bags are not necessary, but try to bring some type of inexpensive stuff sack that can be hung. Make sure one is big enough to hold four days of food (about 8' x 17in).
8. **PARACORD:** approximately 20 feet
9. **TWO WIDE-MOUTH NALGENE WATER BOTTLES** (or 1 Camelback & 1 Nalgene)
10. **BUG REPELLENT:** no aerosol, very small amount needed. Few bugs expected.
11. **BEAR SPRAY:** Black bears and mountain lions are in the area we will be in.
12. **ONE CHAPSTICK with SUNSCREEN**
13. **SUNSCREEN:** face only, small tube
14. **TOILET PAPER/LARGE ZIPLOC:** We will need to pack-out all trash (including toilet paper). For toilet paper, consider face tissue packs or toilet paper without the hollow inside to conserve space. Bring at least two freezer-size Ziploc bags for carrying tissue and garbage out.
15. **WET WIPES:** watch the weight here, great to freshen up face, as well as your rear-end.
16. **BATH&BODY:** travel-size toothbrush & toothpaste; small face cloth. There can be no bathing with bath products in the streams, so you will need to do any basic washing with water at the campsite.

17. FLASHLIGHT: small & light, **three sets of extra batteries!!**
18. DUCT TAPE: wrap about 2 feet around a pencil, Nalgene or something else. It is helpful for repairing tents, boots, and just about everything else.
19. BANDANNA: bring 2 for multi-use.
20. FOOD: 2 servings of jerky, 5 energy bars (everything else is provided)

## **CLOTHING**

1. BOOTS: we will have stream crossings, so a boot with some ability to repel water is ideal. Make sure there is at least a thumb's width between your toe and the end of your thickest socks. Go with something that fits a little big rather than small; your feet will swell significantly when you're on the trail. Make sure your heel is not moving up and down as you walk. Test them out a couple times around the store. Wear them for at least 1 hour while walking around the house. Once you've decided to keep a pair, put at least five to ten miles on them before you come.
2. TWO LONG PANTS: one for hiking in and out, and one for while you're there
3. FOUR UNDERWEAR (to pack): avoid cotton which dries slowly and is heavy when wet.
4. SPORTSBRAS: I recommend 2, but it is up to the individual.
5. FOUR SOCKS: 1 used only to sleep in. 1 for hiking in. 1 for hiking out. 1 for the two days of solitude. Again, stay away from cotton. SmartWools and similar products are best.
6. TWO SHORT-SLEEVED SHIRTS: Avoid cotton.
7. TWO LONG-SLEEVED SHIRTS: Avoid cotton.
8. ONE LIGHT COAT: a fleece or lightweight jacket are good choices. You can bring both a fleece and a lightweight jacket if you tend to get cold easily.
9. RAINCOAT WITH HOOD: lightweight.
10. HAT: ski type – for warmth.
11. GLOVES: medium weight for warmth.
12. CAMP SHOES (optional): Around camp, you may not want to wear your heavy boots. It is helpful to have a lighter pair of shoes that are more comfortable. Among other uses, you can slip them on quickly to go from your tent to your potty spot. I like using water shoes with solid rubber soles. They are super light and easy to slip on.
13. SLEEPWEAR: 1 pair of warm tights, 1 long sleeve thermal shirt, 1 extra layer for top (fleece, sweatshirt, etc), 1 heavy pair of socks (mentioned above). It is imperative that your sleeping wear only be used for sleeping. These are the clothes you want to keep absolutely dry, so that when night comes, you won't become hypothermic.
14. WRISTWATCH

NOTE: It is tempting to bring more clothes than you need. Remember that all of this will have to fit in your pack, and that you will have to carry it seven miles up a mountain. Keep all of your clothing as lightweight as possible (i.e. fleeces are a lot lighter than sweatshirts). If in doubt, you can bring a few extra items with you to WWLT, and then I'll help you make good choices the night before we get on the trail.

## **SPIRITUAL STUFF**

1. SMALL BIBLE
2. SMALL JOURNAL
3. TWO PENS OR PENCILS

**FIRST-AID KIT** - You will carry this in your Daypack everywhere you go – keep it small. Make kit no bigger than 6" X 4" X 2"

1. BAND-AIDS: assortment of about 10-15
2. IBUPROFEN: about 10 tablets.
3. TWEEZERS:
4. ANTI-BIOTIC OINTMENT: bring a very small tube or about 5 small packets.
5. MOLESKIN / SECOND SKIN / DUCT TAPE: bring whatever you've found works best for blister management.
6. GAUZE: A small roll sold in most drug stores.
7. ANKLE TAPE: A small roll that could wrap one ankle would be enough.
8. EMERGENCY WHISTLE
9. EMERGENCY HEAT BLANKET: get the ones that fit in the palm of your hand. It should only cost between \$3 and \$10.
10. BENADRYL: 10 tablets, just in case you have an allergic reaction to something.
11. SUPER GLUE: why stitch a nasty cut closed when you can super glue it?
12. LIGHTER / MATCHES: have a backup in case one fails.
13. MIRROR: 2" X 3": to check for ticks in places you'd rather not look, reflect sunlight in an emergency, and see how nasty you look.
14. SAFETY PINS: Five or so.

## **OPTIONAL**

1. SUNGLASSES: These come close to a required item. You will wish you had them if there is a lot of snow on the ground.
2. ONE SMALL CAMERA: **WARNING!** Do not plan on taking many photos. It will inhibit the whole group from experiencing simplicity if someone is stopping and taking pictures all the way up and down the mountain. It could also really inhibit your time of solitude if you become distracted by snapping photos.

3. SMALL PILLOW: (pillow case stuffed with clothes will work just as good)
4. RAINPANTS (optional): lightweight.

**ON BORROWING** – I highly recommend that you borrow as much of this gear as you can. Stocking all of this gear can cost thousands of \$. Ask all your outdoorsy friends to help you out.

1. Men's WLT uses virtually the same gear packing list. If you know someone who has done WLT, ask them if you can raid their camping stash.
2. If you borrow a pack, make sure you borrow one from someone who is approximately the same size as you. It may not work for women to borrow their husband's pack. Borrowing a pack from any man is probably not a good idea.
3. When borrowing a tent, make sure you know how heavy it will be with the rainfly included. Make sure it is a tent that is small enough to fit inside your backpack, or can be easily attached to the outside of your pack. Make them swear that it is good in wet weather.
4. My favorite things to borrow - hypothermia blanket (most people never use it, **THOUGH I DID LAST YEAR!**), knife, mirror, stuff sacks, cord, whistle, sleeping pad.
5. When borrowing a sleeping bag, keep in mind that you want something that stuffs to a pretty small size (not much more than two footballs). You want something that fits relatively snug to your body (space for air between you and the bag inhibits warmth).

#### **PACKING NO-NOs**

1. NO extra books or reading materials (song sheets are fine)
2. NO music/phone devices (I will have an emergency phone with me)
3. NO electronics of any kind (besides camera)
4. NO extra food
5. **STICK TO THE LIST.** Do not pack more unless you ask. We're going for simplicity, and sometimes simplicity requires me providing accountability for you.
6. Remember **NOT** to stuff your pack. We will have gear and food we will need to split between ourselves. So leave some room beyond the gear you'll be bringing for yourself.

#### **PROVIDED**

1. Water purifier
2. Food (except for energy bars & jerky)
3. Emergency phone
4. Shovel for digging waste hole
5. Fire supplies