

Appalachian Mountain Club

Three-Season Day-Hiking Equipment Checklist

Use of the following equipment and clothing by each hiker is essential to the safety and enjoyment of the trip, although some trips may require additional gear not listed here. Contact the leader(s) if you have questions or wish to make substitutions. Any hiker not properly equipped at the trailhead may be disqualified from the trip by the leader. *All gear should be tested and adjusted prior to the trip.*

Feet

- **Hiking Boots:** Waterproof, over-the-ankle boots with good treads are generally recommended. Some more experienced hikers use low hiking shoes or non-waterproof trail runners (but gain experience with them on easy, shorter trips before bringing them on more difficult, longer trips). *Work boots usually do not make good hiking boots. On beginner trips, check with the leader about whether sneakers are allowed instead.*
- **Socks:** Wool or synthetic. No cotton! Always bring an extra pair. Some also use wicking (e.g., polypro) inner socks.

Clothing

- **Underwear/base layer:** Either synthetic or wool. No cotton!
- **Shirt/pants:** Either synthetic, such as polypro (or one of its commercial names), nylon or spandex, or wool. No cotton! Always bring something to cover your legs if wearing shorts.
- **Extra insulating layers:** Fleece or other synthetic, wool or down. Bring enough extra insulating layers (such as fleece or pile jacket and/or wool/synthetic sweater) in your pack to keep you warm if standing around in the cold and wet for an extended period.
- **Rain/wind gear:** (Outer, shell layer) Waterproof jacket with attached hood (large enough to fit over your insulating layers) and rain/wind pants. Some prefer a nylon poncho.
- **Hat/gloves:** Always bring wool or synthetic warm hat and gloves. And some favor a hat for sun protection.

Food and Water

- **Lunch/munchies:** High calorie, quick-burn energy food – dried fruit, candy, bagels, preserved meats or cheese (diced in advance), fruitcake, small sandwiches, nuts, cookies. Often, there is not an extended lunch stop – prepare to munch along the way. Always bring more than you need.
- **Water:** At least two quarts or liters in leakproof shatterproof bottles or a hydration bladder.

Other Gear

- **Backpack:** Large enough to contain all your gear and your share of group gear and comfortable to wear with weight.
- **Straps/cords:** To attach gear or extra clothes to pack as needed.
- **Headlamp:** Always required. Always bring extra batteries.
- **Personal first aid kit:** Know what to do with it!
- **Trail map and compass:** Know how to use them!

Recommended Gear

- **Sunglasses**
- **Sunscreen and lipbalm**
- **Insect repellent**
- **Repair kit:** For equipment and clothes – might include pins, duct tape, knife or multi-tool, etc.
- **Emergency kit:** 50 feet of strong nylon cord, Mylar tarp, matches in waterproof container, etc.
- **Trowel**
- **Toilet paper:** And bags to pack it out (doggie bags work well).
- **Spare glasses:** Or if you wear contacts, contact lens container, solution and glasses.
- **Short gaiters:** Recommended, particularly in early or late season.
- **Bandanna**
- **Trekking poles**
- **Fun Stuff:** Camera, cell phone, wildlife guides, altimeter, etc.