

General Information

PACKING LIST

Gear

- Comfortable pack*
- 3-Season sleeping bag: *If your sleeping bag is rated above 35 degrees, then consider bringing an extra jacket or sleeping bag liner for added warmth.*
- Sleeping pad*
- Tent or tarp*
- Water bottle: *You will want to be able to carry 2 quarts of water. 32oz. plastic bottles are a great option.*
- Headlamp or flashlight
- First Aid and hygiene: *You are responsible for any prescriptions or personal medications.*

*GEAR AVAILABLE FOR RENT FROM BRHC

Clothes

- Comfortable sneakers or hiking shoes
- 2 pairs of wool or wicking socks
- Long johns, tights, or pants
- Shorts
- T-shirt or tank
- Long sleeve shirt
- Warm jacket
- Rain jacket
- Warm hat
- Gloves: *Don't have a pair of gloves? Use your extra pair of socks as gloves when your hands get cold.*

Optional Items

- Bug spray
- Sunscreen
- Camera: *Small digital cameras are recommended. Heavy, fancy cameras should be left at home.*
- Hiking poles
- Cell phone: *A great safety tool! Please keep it on silent or airplane mode during the hike.*
- Whistle: *Check the sternum strap on your backpack.*
- Matches

Items Provided by BRHC

- Water purification: *We use Sawyer Squeeze Filters and bring a chemical treatment as back-up.*
- Camp stove, fuel, cooking pot, and eating utensils
- First Aid Kit: *Includes emergency medical kit, feminine products, toilet paper, sunscreen, bug spray, hand sanitizer, matches, Benadryl, and an emergency blanket.*
- Compass and maps

YOU ARE WELCOME TO SUPPLEMENT THESE ITEMS OR BRING PERSONAL GEAR IF YOU HAVE IT.

Notes

- Avoid cotton clothing. It does not dry quickly and can cause irritation. Also, it's heavy to carry when wet.
- Don't bring extra clothes or items you don't need. Ask your guide if you have any questions.
- We recommend storing all gear and clothing in plastic zip-lock bags or trash bags. Even if there is not rain in the forecast, weather can change quickly in the mountains and it is best to be prepared.
- Don't feel like you need to buy new fancy gear for this trip. Comfortable athletic clothes are great to hike in, and most items can probably be borrowed from a friend or rented from Blue Ridge Hiking Company.



EXPECTATIONS

1. Plan to carry all necessary gear and leave extra items behind (your guide will inspect your gear before the hike). Also, you should expect to walk 6-8 hours per day over moderate to difficult terrain.
2. Tell the hike leaders of any medical conditions, dietary needs, or personal concerns before the trip.
3. Come with a good attitude and a group mentality. This will be an amazing and potentially life-changing experience!

