

## The Academy at SOAR GEAR LIST

### APPALACHIAN TRAIL

#### PERSONAL CLOTHING:

- one expedition-weight polypropylene long underwear top and bottom
- one lightweight polypropylene long underwear top and bottom
- two pair of thick wool or pile or fleece pants
- two thick wool or pile fleece sweaters
- eight pair thick wool or polypropylene socks
- four pair polypropylene sock liners
- one set Gortex (or similar waterproof material) pants and jacket storm gear
- one thick wool, pile or fleece hat
- two pair wool or pile or fleece gloves
- two pair of polypropylene glove liners
- one waterproof shell mitten structure
- two belts
- one sun/rain hat (a baseball cap is fine if your rain jacket has a hood)
- two pair quick dry shorts
- one bathing suit
- three sets of day to day clothes
- one set of work clothes ( i.e. jeans, T-shirts, flannels, sweatshirts, etc.)
- six pair underwear
- one balaclava (facial hat)

#### FOOTWEAR:

- one pair waterproof leather or Gore Tex hiking boot with flexible unshanked sole
- one pair water shoes or Croc-type sandals (non-velcro), no sandals
- one pair running shoes

#### PERSONAL GEAR:

- one internal frame backpack (5,500 - 6,000 cubic inch **minimum** capacity)
- one zero degree or below Packable sleeping bag (It should also be synthetic with hollofill or quallofill material. Down and feather bags are **not** acceptable)
- one compression stuff sack for sleeping bag (make sure it fits the Sleeping bag)
- one sleeping pad (Ridge Rest or Therma Rest Standard pads are highly recommended)
- one bowl, one cup, one fork, one spoon (made of plastic or metal)
- three one quart large mouth water bottles (Nalgene is best)
- one laundry bag
- spinning fishing rod
- sunglasses
- backpack rain cover
- sunscreen (SPF 15 or higher)
- whistle with lanyard to wear around neck
- small headlamp with a L.E. D. bulb
- parachute cord or small diameter nylon cord - 50 Feet
- one day pack with waist belt

## The Academy at SOAR GEAR LIST APPALACHIAN TRAIL (cont.)

### **PERSONAL HYGIENE NEEDS:**

biodegradable soap  
deodorant  
two toothbrushes  
toothpaste  
two wash cloths  
two bath towels  
razors and shaving supplies, if needed

\*\*\*\*No colognes, hairsprays, or mousses - they smell like food to animals

### **OPTIONAL ITEMS**

Camera  
Eye Glasses (Bring an extra pair if you wear prescription glasses)  
Watch  
Compact Binoculars  
Field Guides  
Camp Chair (A Crazy Creek type chair or conversion kit for the rest pad is ideal)  
IPODS, PSP and laptops (These items will be handed in at the begin of the program, and used according to protocols)

### **ITEMS NOT TO BRING**

1. Do not bring expensive jewelry
2. Do not bring any excessive clothes or items not listed
3. Do not bring a lighter or matches
4. Absolutely no tobacco, alcohol or illegal substances
5. Do not bring a knife.
6. Cell phone

### **RECOMMENDATIONS**

Read the boot insert provided before purchasing a new pair of boots, and insure you have time to break them in before arriving. You may want to shop at a reputable outdoor store for the sleeping bag, backpack, and raingear, as these items are essential for success on the course. Please avoid bringing any items with you that are especially valuable or fragile.

Students should bring belongings in either their backpack and one duffel style bag, or a backpack and one suitcase style bag