



## MY PACKING LIST FOR CAMPING/HIKING TRIP Summer 2024

Below is what I took on my 5 day adventure on the Appalachian Trail. You can access more resources and information about upcoming trips on my website at [LHadventuretravel.com](http://LHadventuretravel.com)

(The links to amazon are affiliate links with no extra cost to you).

### **GEAR**

- [Osprey Aura Backpack](#) (I got the 65L, but it also comes in 50L)
- Sleeping bag (ours is old. Any that is light weight and will keep you warm enough)
- [Thermarest self-inflatable sleeping pad](#)
- [Pillow by trekology](#)
- [Hiking boots](#) by La Sportiva (I love these-needed no break in. But best to try on directly. REI has a great return policy for boots)
- Trekking poles (we bought ours we used in Nepal after our trek so sentimental value)
- [Head lamp](#) (we have old ones. Any lighter weight one will do)
- Tent and ground cover. We have the Big Agnus Copper Spur HV 3 person (for dog too)
- [Stove](#) and small pot for boiling water

### **WATER**

- Osprey [Water bladder](#) (2.5L) (best to check that one fits with whatever backpack you are using)
- Sawyer squeeze water filter. <https://amzn.to/45HCo9Y>
- Smart Water bottle (fits perfectly with the sawyer squeeze and I like to have it as a reserve since you can't see how much you have left with a water bladder.

### **FOOD**

- [Mug](#), Snow Peak titanium cup
- [Dry bag](#) (bear bag) to keep you food by Sea to Summit
- [Spork](#), by Sea to summit (love the long handle-useful for the freeze dried tall bags of food)
- [Freeze dried meals](#) from Mountain House

Breakfast-mix of oatmeal,protein powder and green powder

Lunch-whole wheat tortilla wraps, packets of peanut butter, turkey sticks and dried apples

Dinner-Mountain house freeze dried meals

Snacks-RX bars, protein powder and cashews.

### **BATHROOM**

- [Portawipes](#). (just add a tiny bit of water and these turn into great body wipes)
- [Pee cloth](#). (Amazon doesn't have Kula cloth. I got mine at REI)
- [Toilet paper](#)
- Doggy bags

### **MISC.**

- [Light weight battery charger](#) by Nitecore
- Kindle (many hikers don't bring this)
- Iphone
- [Safety Whistle](#)

### **CLOTHES**

- Gortex Rain Jacket (I have an REI one)
- Hiking pants (I love Kuhl Freeflex women's pants)
- Shorts if you want (or convertible pants)
- [Hiking Socks](#) by Darn Tough (My favorites)
- Short sleeve wicking shirts
- Long sleeve wicking shirt
- 1 long sleeve base layer for warmth
- (If it was colder, I would have brought a fleece)
- Sports bra and underwear
- Light weight pajamas (don't need but I wanted)
- Hat

### **PERSONAL**

- Personal care items
- [Little plastic pill bags](#) for vitamins and pills
- Bug spray
- Sun lotion
- Sun glasses