

Hike Gear Guide

Remember, whatever you bring you have to carry! This looks like a long list, but you can be choosy. There are some things you may choose to do without. Consult Joe Gibbes or Brad Oser if you have any questions.

Also remember – 20% Discount at Mountain High Outfitters – Mention “Church of the Advent Men’s Hike”. Alabama Outdoor in Homewood is also a good store.

Basics

- A Backpack. You will look funny carrying everything in a Piggly Wiggly bag! If you are going to buy one, we recommend that you get fitted at a professional shop.
- Backpack rain cover – most backpack lines offer a \$25-\$30 rain cover, but a \$2 poncho works just as well (though it doesn’t look as cool)
- Boots – sturdy w/ good ankle support; waterproof is better; begin breaking them in yesterday, especially by walking up stairs or local bridges. A few guys prefer low-tops or even tennis shoes. You’re an adult, you can decide.
- Headlamp – much better than a flashlight; it’s a lot lighter and keeps both hands free. You can decide about spare batteries.
- Sleeping bag- Check with team leaders for temperature range - 20° is a safe bet if you are purchasing a bag.
- Sleeping pad-this is a must for a good night’s sleep because it gets your bag off the ground and allows your bag to work at its rating. Do not go without. Inflatable pads are cushier, though a little more expensive than foam pads.
- Tent-if you don’t have one, make SURE your tent mate does (tent-mates will be assigned).
- Tarp for under the tent. This helps to keep water out of your tent if camping in moist conditions! Again, you can buy an expensive tarp to match your tent, or you can get a piece of TyVek or even a shower curtain. Obviously you and your tent mate don’t both need a tarp, so communicate.

Optional:

- Pocket knife-not a must, but advisable.
- Hiking stick or hiking poles. You will be glad to have them at the first hill. Strongly recommended for anyone with any sort of leg joint problems.
- Light weight rope to dry clothes and hang food bags from bears
- Camp chair-this is optional, but you will appreciate it after a long day’s stroll, especially if it has back support.

Kitchen – *Devise your own plan for how and what you’ll eat.*

- Plastic or metal cup/ bowl
- Utensils- metal or a few sporks work great
- Lightweight Coffee Mug – some people eat out of their cup so they don’t have to carry a mug and a bowl. Up to you.
- Sponge or scrubber. Dirt and water works just as well and takes less no room in you pack, but some city boys can’t embrace cleaning with dirt.

First Aid – *Know thyself and bring what you think you'll need. Recommended that you put it all in one Ziploc bag.*

- Your own medications. There is no CVS on the trail
- Moleskin and duct tape- there are many uses so bring plenty
- Aleve, Ibuprofen, or whatever you like for muscle aches, headaches etc.
- Band-aids
- Benadryl – if you think you even have a slight chance of an allergic reaction
- Gold bond, for that not-so-fresh feeling.

Toiletry

- Toothpaste and toothbrush
- Toilet paper - store it in a zip lock bag
- Trowel- to bury your..... Not everyone needs to carry this, but maybe 1 in 4 or 6. Communicate. It's not recommended that this double as your spoon, but its been done before...
- AGAIN, DO NOT FORGET YOUR MEDICATION, CONTACT SOLUTION, SUGAR COUNTERS, etc.
- Biodegradable hand soap. Totally optional, but if you bring hand soap, make sure it is Biodegradable.
- Unscented baby wipes-this will serve as your bath (store in zip lock)

Clothes To Wear – *Pack it all in Ziploc bags, or they sell waterproof compression sacks. You want your spare/nighttime clothes to stay dry.*

- Good pair of hiking boots. Get them yesterday! See above.
- Hiking socks-A good hiking sock will be thick, sturdy, comfortable, synthetic, and have terrific thermal and moisture-wicking properties (i.e. NOT COTTON). Consider smart wool and Coolmax.
- Synthetic Sock Liners to get the moisture off your feet. If you're buying boots, talk to the experts about what they recommend.
- Moisture wicking T-shirt.
- Light weight pants or shorts. Consider the zip off leg pants
- Hat or bandana (optional)
- Underwear. You can get moisture-wicking underwear too. Consider the hike to be an athletic event, if you catch my drift.

Clothes To Pack

- Sleeping clothes-your choice. Long underwear and long sleeve t-shirt work well.
- Campfire/evening clothes – maybe the same as your sleeping clothes (your choice) but you don't want to be in the sweaty clothes you hiked in after the sun goes down. Check weather.com as the date draws near to see what temperatures to expect.
- Extra moisture wicking t-shirt. Don't bring a fresh shirt for every day – just hike in the same one day after day. We'll all stink, but our bags will be lighter. For everything, the more you bring, the heavier your pack will be.

- Extra pants or shorts. Again, consider zip off leg pants
- Extra underwear
- Extra Hiking socks
- Flip flops or Crocs for campsite (optional, but nice to have)
- Rain jacket or poncho and rain pants (breathable)

****Extra Clothing means extra weight in your pack, so count the cost. Extra socks are advisable, but an extra t-shirt may not be. Up to you.***

Miscellaneous - optional

- Bug spray and sunscreen
- Hat, bandana and sunglasses

Food

- Water. 2 liter per day. Use a camel back system if possible. Also, bring some powdered Gatorade in a nalgene. BRING FULL WATER BOTTLES and we'll refill along the trail as needed.
- Your own breakfast, lunch, and snacks (dinner is provided). There will be hot water in the morning for coffee and hot cereal.
No fires will be started at lunch so make it easy.

Suggestions :

- Energy Bars-Power, Zone, Clif, Odwalla, Snickers Marathon, etc.
- Instant hot cereal (Breakfast)
- Dried fruit
- Trail mix- buy prepackaged or make your own at EarthFare
- Foil-packaged Tuna, Chicken, Salmon, etc. Cans should be avoided.
- Beef Jerky

Calories and Protein are important, so think it through, and ask a hike veteran if you have questions about it.

- Coffee/ tea bags if you want them. Morning coffee will be provided.
- Sandwich for Thursday's lunch

Things your group will need

- Water purification system-at least 6 per group
- Stove and fuel-at least 5 per group
- Lighter for fire and stoves
- Cooking pots- 2 or 3 per group
- Coffee percolator
- Scrubber and sponges

For Ride Home (to be left in your supply vehicle)

- Change of clothes (This will greatly bless your driver's wife the next time she rides in the vehicle)