

2023 AMT PACKING LIST

Backpacking is about paring down to the essentials. Campers are challenged to take only what they can carry on their backs and learn to live simply with only the basic necessities. Please read this list carefully and follow our recommendations.

Campers will have the option to send out some laundry on resupply days and get it back a week later on the next resupply. Each camper has a personal 'Floater' that will come out to the group during each resupply. You can plan to keep a limited amount of personal supplies to replenish what you are carrying. New socks, bug spray, extra boot laces, batteries and the like can be kept in the floater.

REQUIRED ITEMS	# Needed	Notes	# Packed
Sports Bras	2-4	Quick dry, no cotton	
Underwear	6-8	Quick Dry synthetic underwear comes in all styles. 2 cotton pairs are nice for sleeping in.	
*Hiking t-shirts	3	No tank tops: all shirts must have shoulders to reduce discomfort from pack shoulder straps. Darker colors will look cleaner longer. You can keep your extra shirts in your floater. It is really nice to use one of these shirts as a clean PJ shirt to sleep in at night.	
*Hiking Shorts	3	Quick-dry synthetic shorts with or without liners. Waist should fit and legs should be roomy. A tried & true brand is Patagonia 'Baggies'.	
*Long Underwear (top and bottom)	1	No cotton. For active use on chilly days and keeping warm at night. A top which zips up to cover part of your neck is preferable.	
*Medium-weight Fleece Top	1	Look for breathable material that is warm and compact (avoid thick fleece jackets). Nights on windy mountain tops can get chilly. Campers often bring the Patagonia sychilla snap-t , but that is bulky for packing in the pack and heavier than necessary. The Patagonia Micro D snap-t is a better weight and more packable for AMT. You by NO MEANS need to buy this exact fleece, it is just an example of the weight/warmth of fleece that would be best, you can find similar weights of fleeces in many outdoor brands and at most thrift stores!	
*Fleece Pants	1	No sweatpants. For a warm layer at campsite after a day of hiking.	
Warm Hat	1	Wool or polar fleece that covers ears, should be lightweight.	
Rain Coat	1	This should be lightweight, durable, and totally waterproof. Must have a hood and fit over all insulating layers.	
Rain Pants	1	Choose breathability and durability. Full side zips are great for easy changing as well.	
Camp Shoes	1	Please bring one pair of closed-toe water shoes for use each day after hiking and for crossing rivers. Crocs are a great choice- lightweight and dry quickly. Keen and Chacos are not recommended due to the fact they are heavy and are open toed.	
*Hiking Boots	1	Mid-rise waterproof boot (see notes below)	
*Wool Socks	6-8	Buy your socks at the time you purchase your boots, so your boots can be fitted with the exact socks that you plan to wear on the trip. Try different brands. Smartwool/Darn Tough socks are expensive but they do work well. Aim for a pair that breathes well and has medium cushion. We recommend bringing 6 pairs so you have some with you while others are washed at camp.	

Sock Liners	2-4	Optional: A thin synthetic sock liner adds to the breathability of your wool socks. Helpful in preventing blisters and keeping your feet clean and dry.	
Back Pack	1	55-65L Internal Frame Pack (see notes below)	
Pack Raincover	1	A waterproof layer that fits over your full pack (not so big that hangs loosely off pack and collects water). Some packs come with a raincover.	
Sleeping Bag	1	Compressibility is super important , the smaller the better. Synthetic fill, NO DOWN (it is not warm when wet), we recommend a 20-30°F	
Compression Stuff for Sleeping Bag	1	The smaller your sleeping bag can pack down the better. Must compress to a size no bigger than 10 L, again the smaller the better. A Waterproof compression stuff sack is ideal such as the Sea to Summit Ultra-Sil Compression Dry Sack	
Sleeping Pad	1	A closed cell ¾" full body length pad provides good insulation. We recommend the Thermarest Zlite. There are also many open cell (blow-up) options on the market that offer added comfort. Note there is always a risk of these popping on the trail and you should bring a patch kit as well. If going the blow up route, make sure the pad packs up no bigger than a nalgene.	
Camelback Water System	1	These water bladders can be stored in your pack and allow you to drink water at any time. Please choose one that holds between 2 and 3 Liters and can be removed from its insulated sleeve- all we need is the hose and the bladder.	
Wide-Mouthed 1 Liter Water Bottles	2	We recommend Nalgene as they are <i>light</i> . It is important to get 1 Liter water bottles (no more and no less) for the proper dilution of aqua-mira, our water treatment. Camp will provide bowls and spoons. Mugs are not necessary, as your nalgene will hold hot liquid as well.	
Headlamp	1	Headlamps with LED bulbs last longer, please bring one with red light capability. No rechargeable headlamps unless they also take new batteries. There are no opportunities to charge.	
Extra Batteries for Headlamp	3 sets	Bring at least 3 extra sets of alkaline headlamp batteries.	
Bug and Tick Repellent	1-2	Travel size lotion (no spray and please no aerosol cans) less than 40% DEET.	
Bug Head Net	1	The first days at the beginning of the trip can include many black flies and mosquitoes.	
Bandanas	4	Great for all sorts of sun protection and hygiene.	
*Gaiters	1	Optional: They keep mud, rocks and water off your socks and out of your boots. This is an optional item, some love hiking in gaiters and others are fine without them. Ankle-length are recommended.	
Trekking Poles	1 set of 2 poles	A good set of poles can reduce a lot of stress on your knees and will aid in balance. Leki is a reliable brand. Pick a collapsible pair for easy storage.	
Extra Stuff Sacks		Optional. Some AMTers enjoy using colored stuff sacks to organize their gear in their pack. Larger ones for clothing and smaller ones for toiletries or personal items. It is an added peace of mind to have waterproof stuff sacks.	

Travel Toiletries		Keep it simple and travel size! Toothbrush, toothpaste, tampons/pads, hairbrush, contacts, etc. Soap and deodorant are not needed, we will wash regularly in rivers and lakes with environmentally friendly soap provided by camp.	
Pack Towel		Optional. A small quick dry camping towel can be nice to dry off with after a swim. Definitely not a crucial item and many hikers will just use a bandana.	
Journal/Pens/Books/ Stationery/Cards/		Remember we carry everything we bring on our backs so keep it light. Paperback books only. Envelopes should be pre-stamped and peel and seal.	
Camera		Disposable cameras are convenient. Digital cameras may be brought as well but you run the risk of getting it wet or running out of batteries. If you bring a GoPro or similar camera, you should bring enough spare batteries.	

PERMETHRIN

We highly recommend that you treat certain items of clothing with permethrin before arriving at camp. This is a spray on or wash in chemical that deters ticks from crawling onto your clothing. There is a "*" on the items we suggest treating with permethrin above and here is the list written out:

- Hiking Boots
- All Socks
- 3 t-shirts
- 1 set of long underwear top and bottom
- Fleece Top
- Fleece pants
- Gaiters

FOR USE IN CAMP

You will be able to store a small duffel bag of clothes for use before and after the trip. Your only other luggage should be your backpack.

- 1 small duffel bag
- 1 pair ALC blue shorts
- 1 ALC white shirt
- 1 ALC blue shirt
- 1 ALC Sweatshirt
- 1 Pair of Jeans
- 2 pair cotton underwear
- 1 bra
- 1 bath towel
- 1 pair of cozy pajamas

Post AMT toiletries you'll want for your first shower in 7 weeks!!

GEAR Details

CLOTHING: DO NOT BRING COTTON. When cotton gets damp/sweaty/wet it becomes heavy and takes forever to dry and has no insulating properties, which can cause hypothermia. There are many brands of synthetic/quick dry clothing on the market at various price points. Options from Walmart/Amazon/Goodwill work just as well as name brands like Patagonia and North Face.

BACK PACK: A pack can be a lifetime investment with proper care and purchasing. The packs **need** to be an internal frame-pack of **55-65 Liters** to hold the necessary weight and volume of gear (note this is larger than the pack recommended for the ALC Alps Trip). A pack needs to be comfortable for the individual AND be fitted correctly to a camper's body, especially in the waist/hip belt. Have the pack loaded with weights (35-45 pounds) and wear it around the store for **at least 15 minutes**. Try to feel exactly where the pack might hurt or shift. Stores such as LL Bean, EMS, and REI have experienced salespeople who can reliably help you choose equipment. Brands that AMTers have loved in the past include: Osprey, Gregory and REI. **Hip Belt** - This is important as most of the weight of the pack is transferred to the hips and legs; the sturdiest part of your body. Hence, the belt should be small enough, **with 5" of tightening space**, so that adjustments can be made tighter for heavier loads, for when the belt stretches due to use and being wet, or in the case that your waist becomes smaller throughout the length of the trip. **It is incredibly important that you have extra space to tighten your belt! If the belt becomes too loose to fit your body it can put uncomfortable strain on your neck, shoulders, and back.**

BOOTS: This is the MOST IMPORTANT part of your hiking equipment! Our feet are our sole means of transportation. Hence, good boots are a must, and proper sizing is mandatory. We recommend a mid-rise waterproof boot that can hold up to the heavy duty hiking AMT will experience. Again, stores such as LL Bean, EMS, and REI have experienced salespeople who can reliably help you choose a boot that fits your foot. Campers have had success with many different brands, but Asolo, Merrell, Oboz, Salomon, and Lowa have been the most popular brands most recently. **Vibram soles are suggested** – Vibram makes an excellent sole that grips wet rock incredibly well, in addition to being very durable.

Sizing- try on boots while wearing your liner and wool hiking socks. This usually ends up being slightly larger than your regular shoe size. The slack will be taken up with socks, the weight of a heavy pack, and the spread of your feet in hot weather, as well as natural growth in foot size.

Boots must be well broken in before the trip. Sore feet and blisters caused from unfamiliar boots can really make the start of the trip tougher than it needs to be. Boots should be bought (and worn) **now** to allow for adequate time to break in. Don't just wear them to school, but go hiking and carry weight in your pack. It makes a real difference as to how well you break in your boots.

PLEASE DO NOT HESITATE TO CONTACT, EXPLORE@ALFORDLAKECAMP.COM, WITH QUESTIONS OR CONCERNS ABOUT ANY OF THE ABOVE INFORMATION. WE KNOW THE LIST CAN BE SOMEWHAT OVERWHELMING, BUT IT IS ALL NECESSARY! BORROWING GEAR FROM PAST AMTers IS A GREAT ECONOMICAL OPTION AND WE CAN HELP FACILITATE THIS.