

Thru-Hiking Gear Checklist

Plan ahead and prepare for your section or thru-hike on the Long Trail! Below is a list of commonly used gear to help make your time on trail safe, successful, and more comfortable.

CLOTHING

Worn when hiking:

- Moisture wicking t-shirt or sun shirt
- Shorts or hiking pants
- Underwear
- Socks
- Hat and sunglasses (optional)



Packed layers:

- Insulating layer (puffy or fleece)
- Rain jacket and pants
- Warm hat and gloves
- Extra pair of socks and underwear



FOOTWEAR

- Trail runners or hiking boots
- Camp shoes (optional)
- Gaiters (optional)
- Spare laces (optional)



PACK SYSTEM

- Backpack (50-60L)
- Pack liner (large trash bag)
- Dry bag (optional)
- Pack cover (optional)



SLEEP SYSTEM

- Sleeping bag or quilt
- Sleeping pad
- Sleeping clothes



SHELTER

- Tent, tarp, or hammock
- Stakes
- Guylines and spare cord (optional)
- Ground sheet (optional)
- Patch kit



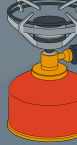


For more information on trip planning scan the QR code below.





Thru-Hiking Gear Checklist

(Continued)




KITCHEN & WATER

- Stove and fuel 
- Lighter and backup ignition
- Cook pot
- Spoon/spork 
- Water filter or iodine tablets 
- Water bottles (2-3L capacity)
- Backflush syringe/cleaning kit (optional)
- Food (planned meals/snacks)




SAFETY & MISC.

- Trekking poles (optional) 
- Knife or small multitool (optional)
- Duct tape/tenacious tape (optional)
- Bear can or bear hang kit
- Wallet/ID/insurance card
- Earplugs (optional)
- Bag for trash 

HYGIENE & HEALTH

- Toothbrush and toothpaste
- Hand sanitizer
- First aid and repair kit 
- Bug spray or head net
- Sunscreen 
- Toilet paper/pee cloth
- Trowel
- Medication (if any) 

NAVIGATION & ELECTRONICS

- Battery bank and wall charger 
- Phone and charging cable
- Offline maps/downloaded guide
- Paper map and compass 
- Headlamp and extra batteries/charging cord 
- Emergency SOS system/beacon (optional)

Happy Trails!