APPALACHIAN TRAIL GEAR LIST: MALE - COLD WEATHER			
***PRICE DOES NOT ACCOUNT FOR SPONSORSHIP, GIFTS, OR STORE SALES**			
	ITEM	WT (oz)	PRICE
PACK	GoLite Pursuit Men - Medium	48	165
TENT	Tarptent Squall 2	34	230
SLEEPING BAG	Marmot Sawtooth Men - 0	46	209
PAD	Therm-a-Rest ProLite Plus - Small	17	90
CLOTHES BAG	Sea-to-Summit 8L Ultra-sil Dry Sack	3	15
BASELAYER TOP	Standard long underwear	6	15
MIDLAYER BOTTOM	prAna Stretch Zion Pants - Men	16	75
MIDLAYER TOP	Long sleeve athletic shirt	10	20
INSULATION	MontBell U.L. Down Inner Jacket Men	7	155
SHELL BOTTOM	REI Ultra Light Pants	10	79
SHELL TOP	North Face Venture Jacket Men	14	100
HAT	With wool	3	10
BANDANA	Standard	1	4
SHELL GLOVES	SealSkinz Chillblocker Gloves	3	56
GLOVE LINERS	REI Performance Liner Gloves	2	15
SHELL SOCKS	SealSkinz Chillblocker Socks	5	56
HIKING SOCKS	Smartwool Medium Cushion	3.5X2	18X2
SLEEPING SOCKS	Smartwool Medium Cushion	3.5	18
PAJAMA BOTTOM	Flannel pants	10	15
PAJAMA TOP	Athletic shirt	10	20
HIKING SHOES	Keen Voyageur - Men	12	100
CAMP SHOES	Crocs	3	10
TREKKING POLES	Leki Super Makalu	21	140
SUNGLASSES	Aviators	0.5	
WATCH	Cheap and waterproof	2	5
TRASH BAGS/ZIPLOC	Standard	2	5
HEADLAMP	Surefire Saint Minimus	3.3	140
H2O TREATMENT	MSR Miniworks EX Microfilter	16	90
H2O TREATMENT BOTTLE	Nalgene	4	15
H2O BOTTLE	Camelbak 3L	8	30
STOVE	MSR Pocket Rocket	4	
FUEL BOTTLE	MSR IsoPro 8 oz.	8	6
BOWL	Cheap and plastic	1	3
SPORK	Sea to Summit Alpha Light Spork	0.3	7
FOOD/BEAR BAG	Stuff sack	4	6
POCKETKNIFE	Single blade	6	20
TOILETRIES	Toothbrush, toothpaste, floss, tweezers	3	5
TOILET PAPER	Standard	2	2
SKIN PROTECTION	Chapstick, foot powder, vaseline	5	5
FOOD			
WATER			
CAMERA (PHOTO)			
CAMERA BATT CHARGER			
CELL PHONE			
CELLPHONE CHARGER			
IPOD			
IPOD CHARGER			
GUIDEBOOK	Thru-Hiker Companion (current section)		
ID	Health, student, driver		
MONEY	Credit card, some cash		
	Weight of food, water, and accessories (ounces)	320	
	Total (ounces)	673.60	
	Total (pounds)	42.10	
	Total (dollars)		1936

APPALACHIAN TRAIL GEAR LIST: MALE - WARM WEATHER			
***PRICE DOES NOT ACCOUNT FOR SPONSORSHIP, GIFTS, OR STORE SALES**			
	ITEM	WT (oz)	PRICE
PACK	GoLite Pursuit Men - Medium	48	165
TENT	Tarptent Squall 2	34	230
SLEEPING BAG	Cheap and light	16	100
PAD	Therm-a-Rest ProLite Plus - Small	17	90
CLOTHES BAG	Sea-to-Summit 8L Ultra-sil Dry Sack	3	15
MIDLAYER BOTTOM	prAna Stretch Zion Shorts - Men	8	60
MIDLAYER TOP	prAna Aspire T - Men	6	30
INSULATION	MontBell U.L. Down Inner Jacket Men	7	155
SHELL BOTTOM	REI Ultra Light Pants	10	79
SHELL TOP	North Face Venture Jacket Men	14	100
BANDANA	Standard	1	4
GLOVE LINERS	REI Performance Liner Gloves	2	15
HIKING SOCKS	Darn Tough 1/4 Sock	3.5X2	15X2
SLEEPING SOCKS	Smartwool Medium Cushion	3.5	18
PAJAMA BOTTOM	prAna Stretch Zion Pants - Men	16	75
PAJAMA TOP	Athletic shirt	10	20
HIKING SHOES	Keen Voyageur - Men	12	100
CAMP SHOES	Crocs	3	10
TREKKING POLES	Leki Super Makalu	21	140
SUNGLASSES	Aviators	0.5	
WATCH	Cheap and waterproof	2	5
TRASH BAGS/ZIPLOC	Standard	2	5
HEADLAMP	Surefire Saint Minimus	3.3	140
H2O TREATMENT	MSR Miniworks EX Microfilter	16	90
H2O TREATMENT BOTTLE	Nalgene	4	15
H2O BOTTLE	Camelbak 3L	8	30
STOVE	MSR Pocket Rocket	4	
FUEL BOTTLE	MSR IsoPro 8 oz.	8	6
BOWL	Cheap and plastic	1	3
SPORK	Sea to Summit Alpha Light Spork	0.3	7
FOOD/BEAR BAG	Stuff sack	4	6
POCKETKNIFE	Single blade	6	20
TOILETRIES	Toothbrush, toothpaste, floss, tweezers	3	5
TOILET PAPER	Standard	2	2
SKIN PROTECTION	Chapstick, foot powder, vaseline	5	5
FOOD			
WATER			
CAMERA (photos)			
CAMERA BATT CHARGER			
CELL PHONE			
CELLPHONE CHARGER			
IPOD			
IPOD CHARGER			
GUIDEBOOK	Thru-Hiker Companion (current section)		
ID	Health, student, driver		
MONEY	Credit card, some cash		
	Weight of food, water, and accessories (ounces)	320	
	Total (ounces)	620.60	
	Total (pounds)	38.79	
	Total (dollars)		1745

APPALACHIAN TRAIL GEAR LIST: FEMALE - COLD WEATHER			
***PRICE DOES NOT ACCOUNT FOR SPONSORSHIP, GIFTS, OR STORE SALES**			
	ITEM	WT (oz)	PRICE
PACK	Golite Quest Women - Medium	47	175
SLEEPING BAG	Marmot Women's Angel Fire - 0	48	209
PAD	Therm-a-Rest ProLite Plus - Small	17	90
CLOTHES BAG	Sea-to-Summit 8L Ultra-sil Dry Sack	3	15
BASELAYER TOP	Standard long underwear	6	15
BASELAYER BOTTOM	Standard long underwear	6	15
MIDLAYER BOTTOM	Athletic shorts	4	15
MIDLAYER TOP	prAna Brook Sport Top	6	48
INSULATION	MontBell U.L. Down Inner Jacket Women	7	155
SHELL BOTTOM	REI Ultra Light Pants	10	79
SHELL TOP	North Face Venture Jacket Women	12	100
SHAWL	Standard	3	10
HAT	With wool	3	10
BANDANA	Standard	1	4
SHELL GLOVES	SealSkinz Chillblocker Gloves	3	56
WARM GLOVES	REI Thermo Gloves	8	40
SHELL SOCKS	SealSkinz Chillblocker Socks	5	56
HIKING SOCKS	Smartwool Medium Cushion	3.5X2	18X2
SLEEPING SOCKS	Smartwool Medium Cushion	3.5	18
PAJAMA BOTTOM	prAna Mahdia Prima Capri	16	70
PAJAMA TOP	prAna Mahdia Faye Top	10	20
HIKING SHOES	Saucony ProGrid Razor - Women	12.5	135
CAMP SHOES	Crocs	3	10
TREKKING POLES	REI Relief Shocklight Women	16	100
SUNGLASSES	Standard	0.5	
WATCH	Cheap and waterproof	2	5
JEWELRY	Earrings and Rings	2	
MAKEUP	Standard	2	
FACEWASH	Standard	2	
TRASH BAGS/ZIPLOC	Standard	2	5
HEADLAMP	Surefire Saint Minimus	3.3	140
H2O BOTTLE 1	Camelbak 3L	8	30
BOWL	Cheap and plastic	1	3
SPORK	Sea to Summit Alpha Light Spork	0.3	7
COOKING POT	GSI Outdoors Pinnacle Soloist	11	43
TOILETRIES	Toothbrush, toothpaste, floss	3	5
TOILET PAPER	Standard	2	2
WATER			
VIDEO CAMERA			
BATTERIES			
TRIPOD			
NOTEBOOK			
LEGAL PAPERWORK			
CELL PHONE			
CELLPHONE CHARGER			
IPOD			
ID	Health, student, driver		
MONEY	Credit card, some cash		
	Weight of water, film equipment, and accessories (ounces)	320	
	Total (ounces)	609.10	
	Total (pounds)	38.07	
	Total (dollars)		1685

APPALACHIAN TRAIL GEAR LIST: FEMALE - WARM WEATHER			
***PRICE DOES NOT ACCOUNT FOR SPONSORSHIP, GIFTS, OR STORE SALES**			
	ITEM	WT (oz)	PRICE
PACK	Golite Quest Women - Medium	47	175
SLEEPING BAG	Lafuma Warm N'Light 600G - 40	22	120
PAD	Therm-a-Rest ProLite Plus - Small	17	90
CLOTHES BAG	Sea-to-Summit 8L Ultra-sil Dry Sack	3	15
MIDLAYER BOTTOM	Athletic shorts	4	15
MIDLAYER TOP	prAna Brook Sport Top	6	48
INSULATION	MontBell U.L. Down Inner Jacket Women	7	155
SHELL BOTTOM	REI Ultra Light Pants	10	79
SHELL TOP	North Face Venture Jacket Women	12	100
SHAWL	Standard	3	10
BANDANA	Standard	1	4
HIKING SOCKS	Smartwool Medium Cushion	3.5X2	18X2
SLEEPING SOCKS	Smartwool Medium Cushion	3.5	18
PAJAMA BOTTOM	prAna Mahdia Prima Capri	16	70
PAJAMA TOP	prAna Mahdia Faye Top	6	52
HIKING SHOES	Saucony ProGrid Razor - Women	12.5	135
CAMP SHOES	Crocs	3	10
TREKKING POLES	REI Relief Shocklight Women	16	100
SUNGLASSES	Standard	0.5	
WATCH	Cheap and waterproof	2	5
JEWELRY	Earrings and Rings	2	
MAKEUP	Standard	2	
FACEWASH	Standard	2	
TRASH BAGS/ZIPLOC	Standard	2	5
HEADLAMP	Surefire Saint Minimus	3.3	140
H2O BOTTLE	Camelbak 3L	8	30
BOWL	Cheap and plastic	1	3
SPORK	Sea to Summit Alpha Light Spork	0.3	7
COOKING POT	GSI Outdoors Pinnacle Soloist	11	43
TOILETRIES	Toothbrush, toothpaste, floss	3	5
TOILET PAPER	Standard	2	2
WATER			
VIDEO CAMERA			
BATTERIES			
TRIPOD			
NOTEBOOK			
LEGAL PAPERWORK			
CELL PHONE			
CELLPHONE CHARGER			
IPOD			
ID	Health, student, driver		
MONEY	Credit card, some cash		
	Weight of water, film equipment, and accessories (ounces)	320	
	Total (ounces)	548.10	
	Total (pounds)	34.26	
	Total (dollars)		1436