



## Family Trip Gear List

### Gear to Bring:

- Backpack (with internal or external frame and waist belt for each adult or teen; younger kids can use a day-pack, but this means an adult will probably have to carry some of their gear)
- Sleeping Bag with stuff sack
- Sleeping Pad
- Clothes (preferably synthetic materials):
  - Comfortable hiking shoes that can get muddy and dirty. Do not wear a pair of new shoes on this hike. Boots are not necessary, but your shoes must have a rugged sole. Running shoes are acceptable. Ankle support is preferable.
  - 3 pairs of socks
  - 2 pairs of pants
  - At least 2 pairs of underwear
  - For girls: 1 or 2 non-cotton sports bras
  - 2 long-sleeved shirts
  - 1 or 2 short-sleeved shirts
  - 1 or 2 Long underwear top, synthetic fleece, or wool sweater (top warm layer)
  - 1 Synthetic long underwear or fleece pants (bottom warm layer)
  - Rain jacket or poncho
  - Warm hat
  - Gloves
  - Sun hat
- Flashlight or Headlamp—Check or change batteries before the trip!
- Extra batteries for flashlight
- Toothbrush and toothpaste
- Cup or Bowl to eat from
- Spoon
- Toilet Paper
- Handkerchief or bandana
- 2 liter-bottles for water

### Optional items:

- Rain pants
- Pack cover

- Camera
- Sandals, flip flops, or clogs for camp
- Knife
- Pen/Pencil & paper (journal)
- Lightweight book

## **Not Recommended:**

Facial Tissues (use bandana instead)

Personal grooming products other than toothbrush and toothpaste (adds weight to your pack and products with odors must be hung at night away from wildlife)

Makeup (no need to dress up for the woods)

Electronic devices other than camera (philosophically, I find it freeing to escape the beeps and pixels of city life--if you do choose to bring a device, we ask you to keep it silenced while near the group)

## **How Do I Get This Gear?**

### **Framed Backpack:**

This can be borrowed from a friend or another family. Or you can buy or rent one. Jonah, of Sure Foot, is a good resource for what type of pack to purchase. Sure Foot can also procure a rented backpack for you given 2-4 weeks notice.

### **Sleeping Pad:**

You can buy an inexpensive blue foam pad from stores such as Walmart or Sports Authority, or one of many more expensive types. As long as your pad provides cushioning and insulates you from the cold ground, it will be fine. Sure Foot can rent a simple sleeping pad to you if need be.

### **Sleeping Bag:**

Many inexpensive bags are not temperature rated. When in doubt, contact Jonah of Sure foot to ask if your sleeping bag will be sufficient. Sleeping bags are often large, heavy, and bulky and hard to pack, so looking for a warm, yet small and light bag is preferable.

### **Clothes:**

Because they dry quickly and wick moisture away from the body (as opposed to cotton, which retains moisture), synthetic and wool clothing is safest and most comfortable in the woods. Many people already have acceptable wilderness clothes in their wardrobe. Clothes do not have to look "sporty" or "outdoorsy" to provide warmth and wicking qualities. When looking to purchase synthetic materials, you can get very high quality, durable hiking clothing at REI (Recreational Equipment, Inc.), Half Moon Outfitters, or High Country Outfitters in Atlanta. You can also find good synthetic (polyester, lycra, spandex, coolmax, etc.) athletic clothing at stores such as Dick's, Sports Authority, Target, and Walmart. As long as cotton is not listed on the tag, it should be okay. Wool is also a good material for hiking socks.

## **Contact Us:**

Call Jonah at 404-373-8036

or

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