

"The Damascus Loop"

50 Miles on the Appalachian Trail and the Iron Mt. Trail



Gear and Supply List:

Below is a list of items that are recommended for "The Damascus Loop". This list includes a great deal of forethought, preparation and experience and should be seriously considered. Attached you will find an expanded list with tips and detailed explanations for many of the items listed.

Cooking:

- Stove
- Fuel (for stove)
- Mess kit ***
- Utensils (fork, spoon)
- Camp Soap
- Water-purification tablets
- Water-proof matches
- Sponge (small pre-soaped works good)
- Metal cup (for coffee drinkers) (OPTIONAL)

Food:

- 5 hearty breakfast meals (can use stove)
- 5 lunch meals (non-preparation meals)
- Snacks
- Drink mix packets

Clothing:

- Wool hat (for cold nights) (OPTIONAL)
- Crocks (off brands fine)
- Boots (well broken in, lightweight – no steel toe)
- 3+ pairs of socks (at least 1 wool pair)
- Rain Gear – (jacket+ pants, or poncho)
- Ball cap (OPTIONAL)
- 2 complete sets of clothes (in your pack)
- Air-seal bags for clothing
- Sweatshirt (fleece or wool)
- Camp towel (OPTIONAL)

Emergency & Preparedness Gear:

- First aid kit
- Insect repellent (OPTIONAL)
- Prescription medication
- Pain killers
- Emergency glow stick
- Mirror (OPTIONAL)
- Duct tape or Gorilla Tap
- Rubber bands (OPTIONAL)
- Super glue
- Sewing kit (OPTIONAL)
- Emergency blanket
- Pocket knife (Swiss Army or Leatherman)

Gear and Accessories:

- Sleeping Bag w/ compression bag
- Sleeping pad
- Backpack (4000+ cu. in.) ***
- Two Trekking Poles
- Colored stuff bags (to sort items)
- Camp rope (50 foot)
- Light tarp (GoreTex style or tent fly) **One per group**
- Water storage bottles (wide mouth) ***
- Water storage bottles (narrow mouth) ***
- Zip lock bags (for dry storage – bring extra)
- Carabineers (OPTIONAL)
- Rain fly for back pack (**your poncho will not work**)
- Head Lamp

Miscellaneous Accessories:

- ID – Drivers License
- Emergency Medical Information
- Camera (film?) (OPTIONAL)
- Toilet paper (biodegradable)
- Small King James Bible (w/ Old and New Testament)
- Small notebook for journal (trail & spiritual)
- Pen and pencil
- Personal hygiene items (toothpaste, comb, deodorant)
- Cash – \$10.00+ (all in ones – TAKE ON HIKE)
- Cash – \$10.00+ (for meals on way home)
- Hand Wipes

Other Items:

- _____
- _____
- _____
- _____

*** Items available from the Wilderness Christian Camp, at no additional fee.

Do NOT Bring (prohibited items):

Radios, CD, tape players, MP3 players, electronic games, tobacco/alcohol, fireworks, tank tops, t-shirts with worldly prints, cell phones, magazines, and books (beside bible and notebook), illegal drugs, firearms, GPS, video recording equipment, jeans or denim pants and energy drinks.

NOTE: Think in ounces, not pounds! Every little ounce or gram of weight that you remove is vital. If you can shave off 1 ounce out of every item in your pack, you could reduce as much as 3-4 pounds off you back for a week. That will seem like a lot after you have carried it for days. Your MAXIMUM pack weight should not exceed 32 pounds (without water). A good weight to aim for is 25-27 pounds.