

## **Jenna Nodding's Gear For Her Thru Hike Of The AT 2013**

osprey talon 44L pack  
1L Nalgene  
1L water bladder  
pristine drops for water treatment (look into a sawyer squeeze....really nice!)  
msr hubba tent (stored in a compression bag)  
6 tent pegs  
small pole sleeve to fix a broken tent pole  
two trekking poles  
prolite thermarest  
started with -9 sleeping bag and switched to 0deg at Damascus (stored in a waterproof compression bag)  
cotton/silk blend sleeping bag liner (a necessity, so that it keeps your bag clean)  
la sportive trail runners  
optimus gravity II mf stove  
fuel canister (the iso mix, medium sized lasted me two weeks, easy to buy on the trail)  
one litre pot  
titanium long handle spoon  
two pairs of socks  
two pairs of underwear  
two bras  
tank top  
t shirt  
shorts  
light long johns  
soft shell jacket  
tuque  
ball cap  
light gloves  
arcteryx synthetic light puffy  
Outdoor research rain jacket  
waterproof bag liner for food (big enough for 2 weeks worth of food and big enough I could shape it into any shape so it fit in my bag easier...I think 25L)  
waterproof bag liner for inside my backpack (I think 60L...even though my bag was only 44L)  
sunglasses  
lip balm  
face cloth sized pack towel  
one quarter of a bandana  
set of colour pencils (cut in half)  
journal and pen  
small ebook  
passport, drivers license, credit card, iPhone without a data plan, headphones (kept in a small dry bag)  
black diamond head lamp (rechargeable)

camera

charging cord for iPhone and other devices (head lamp, ebook and camera were the same)

BUG spray...recommend watkins!

didn't use sunscreen and I am blonde...always in tree cover

camp soap (small container of it...had more in my other drop boxes)

didn't take a bear hang system...slept with my food inside my tent...it was all vacuumed sealed though

jackknife

ear plugs

basic first aid kit with athletic tape, sewing needle (use floss for thread), blister bandaids

hand sanitizer

Toilet paper

tooth brush/ floss/ tooth paste

man's comb broke into a inch section

(all of the little stuff was stored in a Outdoor research ditty bag)

duct tape around hiking pole.