

## Paul's Personal GT Packing List

### Pack:

Sleeping bag (2 lb. down, heavier if fiber filled)  
ThermaRest Pad  
Polyurethane pad (Cots are provided,  
and they need insulation.)  
Pillow (I wrap down jacket in T-shirt)  
Wine "glass" (Camp provides metal mugs.  
(No actual glass, please.)  
  
Towel, washcloth  
Deodorant  
Toothbrush/paste/pick/floss  
New, small diode Flashlights (A headlamp  
type is also very convenient.)  
Aspirin/Ibuprofen, cough drops,  
(sleep meds if needed)  
Cards, reading material - optional

Map  
<http://www.paulroark.com/GT-Map-small.jpg>  
Compass  
(Wilderness permit is with group)  
Matches/Lighter  
Small t.p.  
Deet based mosquito repellent  
Serious sun screen – high UV  
Chapstick  
Moleskin, bandaids, safety pins, nail clipper  
Aspirin/Ibuprofen (small)  
Swiss Army Pocket Knife, Comb (pocket)  
  
Lunch (supplies set out each morning  
for making lunches)

### Clothes:

Shirts (I prefer 3 cotton long sleeves for  
UV and general protection.)  
T-shirt  
Jeans (Some bring shorts or convertible pants.)  
Sweats (For sleep and alternative to jeans)  
Underwear, socks  
Down jacket (some use multiple layers of  
lighter jackets)  
Boots  
Light shoes/sandals  
  
(Permethrin-based insect repellent – spray  
clothes at home. This + Deet daily works  
Best to keep the mosquitoes away.)

### Camera:

(I take digital, wide & medium telephoto  
lenses, light tripod, batteries/charger, cotton or  
micro cloth in baggie, blower, note book,  
pencil, knee pad)

### Day Pack:

Sunglasses, cord  
Hat with skirt  
Water-resistant light jacket  
(Poncho – optional if waterproof wind breaker)  
Light cloth Gloves  
(Water filter – optional, but  
don't drink un-filtered water)  
Water bottle  
Small kleenex