

Scott and Ariane's Gear Guide

Ready to Get Outdoors and Trust The Trail?

We put this gear list together for you to give you a sample of what we carry when we go on trips. Picking out gear can be a daunting task, maybe this list can help a little. Since your gonna carry it on your back, it may as well be the lightest and the best right? Ariane and I both practice “less = more” approach to travel, and backpacking. Although it didn't come easy. Took us many years to get out system down.

What's in This Guide?

This Gear Guide is ONLY gear WE USE out in the field. If we haven't used it, we don't put it on the list. Have question on our gear? Good, we love that. Contact us if you ever want to schedule a LIVE ONE ON ONE and we can help. Even if it's on your mobile phone when you're at the store, we'll walk you through it.

Who the Hec Are We?

We're Scott and Ariane from the Trust The Trail Podcast and This Nomadic Idea. We've been outdoor enthusiast's for over 20 years. From Thru- Hiking the Appalachian Trail, to Ice Climbing, to Kayaking, we do it all. AND we want to help inspire and motivate you to get outdoors and BE THE ADVENTURE, not just watch someone else on YOUTUBE. Our mission is to help you Trust the Trail with confidence, no matter what the trail in your life maybe! We teach backpacking bootcamp, Appalachian Trail Prep and much more. We also take you out on some wild adventures as Outdoor Guides with our Full Moon Adventure Trips.

We both have our Wilderness First Aid Certifications, and our both Leave No Trace Trainers. Along with taking Wilderness Survival with BigPig Outdoors (who teach the Great Smokey Mountain National Park Rangers) you can always find us going somewhere outdoors to play. One of us has even been asked to join the Discovery Network “Naked and Afraid Show”. Not gonna get naked anytime soon however.

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[Ariane's Gear List](#)

[Scott's Gear List](#)

[Road Trip Gear](#)

Scott and Ariane's Gear Guide

Base Weight Backpacking Gear: Ariane's

Ariane hiked 300 miles on the Appalachian Trail with this same gear in 2017

Pack *[Hyperlite Mountain Southwest 3400 Pack](#)— 2.02 lbs

Tent (When Solo Backpacking) [Nemo Hornet 2P Tent](#) 2.5 lbs

Sleeping Bag *[REI Joule 23 700 fill Duck Down Bag](#) 2.02 lbs

Sleeping Pad *[Nemo Tensor Insulated Air Pad](#) REG. 15 oz

[Homemade Alcohol Stove \(.75 oz\)](#)

[Snow Peak Titanium Cookware\(.02 oz\)](#)

[TOAKS Titanium 900 Mil Pot 3.6 oz](#)

[Sea to Summit Alpha Light Fork](#)

[Sawyer Mini Water Filtration System](#) 2.5 oz

Clothing, Jackets, and Rain Wear

[Marmot PreCip® Jacket Women's](#)

[Marmot Women's Jena Jacket](#)

[Arcteryx Women's Solita Jersey](#)

This is my normal Basic Gear List. When teaching new backpackers I stress lightweight techniques. This list is good place to start. We occasionally switch out gear and buy additional gear that is on sale or based on Elevation and Geographical locations.

Clothing: The best rule of thumb is to make sure both your undergarments, and your inner layers are made of “wicking” material. Usually nylon or polyester. “Wicking” means your clothes dry fast and quick and don't hold moisture.

[REI Lightweight Base Layer Half-Zip Top – Women's](#)

[Arcteryx Women's Delta AR Zip Neck Midlayer](#)

[Marmot Women's Jena Jacket](#)

Scott and Ariane's Gear Guide

Backpacking Gear: Ariane's... continued

Camp shoe (At base camp or for crossing Streams)

- Crocs (size 9) 12 Oz

Stuff sacks (5, Strong, waterproof)

- Sea to Summit Ultra Sil Dry Sac (camp clothes, hiking clothes, food, sleeping bag, and electronics- a must for camp clothes and sleeping bag minimally)

Water reservoir (2-3L; Playpus and CamelBak common bladders)

- Platypus 3-L

First aid kit (the 10 essentials on a [Budget Video](#))

- Antiseptic Wipes (2)
- Triple Antibiotic Cream (tiny tube)
- Ibuprofen
- Sewing Needle
- Duct tape
- Leukotape
- Emergency Fire Starter (Cotton wool balls in Vaseline)

Head lamp (Lightweight)

- Black Diamond Storm
- Petzl Tikka

Hiking Poles

- Leki Corklite
- Black Diamond Ultra Lite Z-Pole

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Base Weight Backpacking Gear: Scott's

Pack [MyTrail BPL 50 Backpack](#) -- 2.01 lbs

Tent (We often share this Tarp) – [8x10 Equinox Tarp Tent](#)- 15.9 oz

Tent (recommended for a 2 person - [Shire Tarp Tent – MoTrail](#)

Sleeping Bag [Men's Big Agnes Lost Ranger 15 Degree Sleeping Bag](#) _

Sleeping Pad: [REI Flash Sleeping Pad](#)

[Sawyer Mini Water Filtration System](#)_

[WhiteBox Alcohol Stove](#)_

Baselayer

[SmartWool NTS Mid 250 Zip-T Long Men's Underwear](#)

[Top REI Lightweight Base Layer Half-Zip Top – Women's](#)

Midlayer

[Arcteryx Men's MX Hoody](#) (great insulated soft shell)

[Arcteryx Men's Delta AR Zip Neck Midlayer](#)

Insulating Layer

[Rab Microlight Jacket Men's](#)

Basecamp Winter Down Jacket

[Marmot Greenland Baffled Jacket](#)

RAIN GEAR

[First Ascent Men's Telemetry Freeride Pants Men's](#)

[Marmot PreCip Waterproof Rain Jacket](#) Men's

Scott and Ariane's Gear Guide

Backpacking Gear: Scott's... continued

Camp shoe(At base camp or for crossing Streams)

- NorthFace Down Booties

Stuff sacks(5, Strong, waterproof)

- Sea to Summit Ultra Sil Dry Sac (camp clothes, hiking clothes, food, sleeping bag, and electronics- a must for camp clothes and sleeping bag minimally)

Water reservoir(2-3L; Platypus and CamelBak common bladders)

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First aid kit (the 10 essentials on a Budget Video)

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Our Lightweight Road Trip Gear:

We use all of this gear while at campsites. Whether we are boondocking in a National Forest,, or at a National Park Campsite, makes no difference. You can go very lightweight and utilize compactable items to all fit in your vehicle. These are the big ticket items that we use to cook and travel with.

[FOLD N GO™ STOVE](#) \$99 Get cooking fast at camp, and keep it small and lightweight

[GSI Outdoors Bugaboo Base Camper Cookset – Medium](#) \$84.95 Easy to clean and holds up well.

[Sea to Summit X-Set 31 Cookset](#) – 109.95 You don't have to get ALL of these. But they are AWESOME for keeping things hot while you are cooking other foods. OR to keep them warm for midnight leftover snacks

[YETI® Tundra 35 Marine Cooler](#) \$7 Attach this to the tripod, then attach the saramonic and light to the bracket

[National Park Pass 2018](#) - 79.00 This is so valuable when you are road tripping and want to camp or backpacking in a National Park.

[Osprey TrailKit Duffel - 40 Liters](#) This is a great bag to fit all your extra clothes in and get them extremely compact able. Not to mention you can carry it like a backpack. When you have a lot of gear in the back of your car, this is extremely compact-able.

We carry small items for Laundry, Hygine, and First Aid that you can easily by at Walgreens, or CVS in the travel section. A small package of Bleach Wipes is a good idea if you are using public restrooms. Antibacterial Soap does NOT work.

We ALWAYS carry a Tarp with us for those rainy nights at camp. This way we can build a shelter over our Picnic Table.

We bring Pre-Cooked food items that are easily just re-heated to make a hot piping dinner. Instant Mash Potato's or Frozen Veggies is a great food item. We cook A LOT while camping. We usually prepare all of our meals before we leave on a Road Trip so we don't overbuy. Tortiilla's and Knorr's are a great combination.

We always have coffee in the morning. We pack instant coffee like Starbucks.

The key to lightweight travel is to PLAN PLAN PLAN. You really don't need much as long as you can pre plan your meals. Frozen foods are good if you can buy them on the way to your destination.

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Thanks everyone!!!!

Hopefully we'll see you on the Trail!!!

Have questions about our gear?

Contact us at www.patreon.com/trustthetrail

WE love to hear from you!