



Full Article: <https://thetrek.co/appalachian-trail/introducing-flat-elliott-rest-gear-list/>

Introducing Flat Elliott! (and the rest of my gear list)

If you were to ask me what I am primarily concerned about leaving behind while I hike, my first answer would be my dogs. No surprise there, right? I have two older dogs, one has three legs and the other has arthritic hips, so there is no way I can take them with me.

My second answer might surprise you though. In addition to my dogs, I am also concerned about a certain vulture who has attached himself to me over the past two years. Don't worry: "vulture" here does in fact refer to a vulture, as in, the bird.

The story goes something like this: I work at a rehabilitation center for injured birds. If a bird isn't able to be released back into the wild, we are a home for them, so we have a number of resident raptors and songbirds. One of these birds is a black vulture named Elliott. Now, before I started working at the [Ohio Bird Sanctuary](#), I never thought I would be a bird person, and before I met Elliott, I never thought vultures would be my favorite bird. But I am and they are, and it's wonderful to be a surrogate mother to Elliott. Since I cannot take him with me (vultures have a few unattractive quirks), **I will be hiking with a flat version of Elliott!**

In addition to Flat Elliott, the rest of my gear includes:

Clothing

- [Mountain Hardwear Ghost Whisperer down jacket](#)
- Patagonia Torrentshell rain jacket
- Frogg Toggs rain pants (the most unflattering pants you have ever seen. Guaranteed.)
- Fleece hat
- Neck gaiter
- Light fleece gloves
- Hooded fleece jacket (in glaring orange; it doesn't match anything else but it was cheap!)
- EE booties (which I stole from the Easter bunny; seriously, they are pink and yellow. Again, they were cheap-er!)
- Camp clothes: leggings, Cuddleduds long sleeve top, REI socks.
- Hiking clothes: compression pants/leggings, synthetic wicking long sleeve top, 2 pairs sock liners and 2 pairs Darn Tough socks. Warm weather: short sleeve shirt, running shorts or convertible pants (haven't decided yet).
- Crocs
- Insect Shield buff
- Sunglasses
- Adidas Coolmax baseball cap