

2008 Adventure WV

SOAR

Equipment List

Weather: for the following areas in May

Averages: Rocky Mountain National Park
Averages: High 59° Low: 33°

Zion, UT
Averages: High 82° Low 51°

Escalante, UT
Averages: High 85° Low 50°

Moab, UT
Averages: High 85° Low 53°

You need to be prepared for weather ranging from sunny days in the 90's to cold snowy days in the 30's. The Desert Southwest region receives very little precipitation, but you need to be prepared for it. We will be camping in Colorado, which can be extremely cold, so be prepared for anything.

Head:

- Wool/ fleece hat (must cover ears)
- Brimmed hat (for sun protection)

Hands:

- One pair of gloves (probably want lighter gloves, like fleece)

Upper Body Layers:

- 1-Lightweight synthetic long undershirt- polypropylene or other hydrophobic wicking fabric (e.g., Duofold, Under Armour) --NO COTTON!!!
- 1--Medium-weight fleece jacket and/or wool sweater (e.g. Polartec 200)
- Wind Jacket, nylon (can be same as rain jacket if waterproof and breathable; must fit over insulating layers).
- (The fleece jacket can be worn under the wind jacket/raincoat to create a warm winter jacket)
- T-shirts as needed

PLEASE TRY TO BRING SHIRTS/SWEATSHIRTS/ETC. THAT SAY "WVU" ON THEM—SO THAT WE CAN SHOW OUR MOUNTAINEER PRIDE!

Lower Body Layers:

- Underwear as needed

- 1-Medium-weight synthetic or wool long underwear bottoms, polypropylene or other hydrophobic wicking fabric.
- Nylon shorts, and/or hiking shorts
- Swimsuit

Feet

- 1 pair of hiking shoes/boots or sturdy athletic tennis shoes. These shoes should be “beefy” and appropriate for hiking. If you are buying hiking shoes for SOAR then it is a good idea to buy them in advance, so that you can wear them for several weeks to break them in.
- 1 pair of running shoes or sneakers (you will be using these for wet hikes through streams, so they would ideally be shoes that you don’t mind getting trashed, and that dry out easily—something like an old pair of running shoes, but make sure they aren’t falling apart)
- 1 pair of athletic sandals (e.g., tevas, chacos). You should be able to strap these sandals onto your feet securely (NOT flip flops), so that you can hike with them if necessary.
- 3 or 4 pairs of light synthetic or wool socks
- Cotton socks for around camp and travel

Shell Layer:

- Waterproof rain jacket—coated nylon or waterproof/ breathable fabric, make sure it fits over insulating layers.
- Waterproof rain pants—coated nylon or waterproof/breathable fabric. (Nylon sweat pants will work as long as there isn’t a cotton liner).

Personal Gear:

- 28-gallon rectangular Rubbermaid duratote container (For storing personal gear while traveling, it is important we all have the same size so they stack in the trailer – Please personalize your containers with stickers, paint, markers, etc. so you can identify them easily. BE CREATIVE!!) All your items except for your backpack, daypack, sleeping bag, and sleeping pad should fit into your Rubbermaid.
- Day Pack—something you can put on your back for hikes, to carry journal, raincoat, water bottles, etc.
- Head Lamp (L.E.D.’s are cheap and batteries last a long time)
- Extra batteries for head lamp
- 2—1-liter Water bottles (I recommend Nalgene, they shouldn’t leak in your pack) (Gatorade bottles will work, but cover the outside of the bottles with duck-tape--Hydration packs also work great!)
- Unbreakable bowl and plate.
- Travel Towel (no cotton towels!!) These towels soak up a lot of water and dry fast. An example of a brand is “Pack Towel” which they have at Adventures Edge.
- Plastic drinking mug—for hot chocolate
- Spoon, fork
- Toiletries
- Personal first aid: prescription med., Asthma inhaler, Benadryl, Tylenol...

- Sun screen SPF 15 or more
- Sun glasses
- Lip balm: SPF of 15 or more
- 1 bandana
- Journal and pens
- \$ Money for road trip food and souvenirs

Gear that can be checked out from the ORC

- Backpack
- Sleeping Bag
- Sleeping Pad
- Tent

Optional Gear:

- Travel Pillow
- Camp chairs (crazy creek style, which are soft and flat)
- Camera
- Reading Material
- Cards and games
- Binoculars
- CD's for van ride
- Phone cards for payphones
- Bring comfortable clothes for van ride or around camp.

Please do NOT bring the following items:

- Headphones—you can bring a MP3-player, but it can only be used with the van radio.
- Cell Phones—They won't work in most of the places we will be going anyways. We will have a satellite phone for emergencies.
- Drugs and Alcohol—Anyone found with these items will fail the course, be kicked off the trip, and will face University sanctions.

**Remember Adventures Edge is giving a 10% discount. Your names should be on a list at the shop, and you should receive the discount.