

## GUIDED TRIPS RESOURCES

### ADVENTURE WV GUIDED TRIPS

#### Warm Weather Whitewater Day Trip Packing List

- **BRING WARMER CLOTHING:** The weather in our area can vary greatly and be chillier than expected, even in the summer. Talk to your trip leaders about what is too much or not enough.
- **AVOID COTTON:** Avoid cotton clothing as much as possible (this includes denim). Cotton does not keep you warm once it gets wet, which is a big deal when you're in the outdoors. Please bring **SYNTHETIC** (polyester, fleece, wool, nylon, etc.) as much as is possible. Ask your trip leaders for clarification if needed.
- **CONSIDER BUYING USED OR BORROWING:** When beginning to prepare for your trip, consider that not everything needs to be purchased new, nor do things have to have the latest and greatest brand names. Use what you have, borrow from a friend or family member, or visit a local thrift store or discount store!

FEET	
	1 pair of athletic sandals WITH A BACKSTRAP, water shoes, or old sneakers
	1 pair of wool socks if you're wearing sneakers
	1 pair of warm, dry shoes and socks for after the trip!

HEAD	
	Sunglasses (optional)
	Brimmed hat for sun protection (optional)

UPPER BODY	
	Synthetic T-shirt or long sleeve shirt (Long sleeves with SPF protection are preferred)
	A change of shirt after the trip

LOWER BODY	
	1 pair of synthetic/athletic shorts or pants (absolutely no jeans)
	1 pair of underwear and shorts/pants to change into after the trip

HYGIENE	
	1 Neck Gaiters / 'Bufs' (optional but highly recommended)
	Lip Balm (preferably with SPF)
	Sunscreen
	Menstruation supplies (as needed)
	Medications: If you regularly take any medications, you <b>MUST</b> bring them on the trip (be sure to list them on your form also)

EQUIPMENT	
	1 towel! Very important!
	Day pack- small book bag or backpack to carry essential items
	2 (1-quart) Water bottles (durable, Nalgene-style bottles work best).
	(optional) Crazy Creek portable chair (or similar) - must be without legs

MISCELLANEOUS	
	(optional) Money (\$20-25) for gas stations or fast food
	Snacks!

#### DO NOT BRING (REALLY- DON'T):

## GUIDED TRIPS RESOURCES

- Drugs, alcohol, tobacco (including ecigs/vapes), or weapons. Bringing these items is grounds for dismissal from the trip with no refund, with possible university sanctions.
- Anything not on the packing list! We will do a thorough gear check- simplicity and space saving is important with our programs! When you arrive, you may be asked to leave extraneous items behind in our locked, secure spaces.
- Adventure WV will be providing other necessary group items, including food, transportation, and gear needed for each specific activity.