

GUIDED TRIPS RESOURCES

ADVENTURE WV GUIDED TRIPS

Basic Travel 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.
- **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 comfortable shoes to walk and stand in. Sneakers and boots are best. Flip-flops and dress shoes are discouraged
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HEAD

	Sunglasses (optional)
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	Brimmed hat for sun protection (optional)
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	If it's chilly, bring a beanie!
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UPPER BODY

	Comfortable clothes to move in
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	If it's chilly, bring a jacket!
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	Waterproof/Water resistant rain jacket, poncho, or umbrella just in case
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LOWER BODY

	1 pair of comfortable shorts or pants to move in
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HYGIENE

	If outside, consider sunscreen & bug spray
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	Menstruation supplies (as needed)
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	Medications: If you regularly take any medications, you MUST bring them on the trip (be sure to list them on your form also)
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EQUIPMENT

	Day pack- small book bag or backpack to carry essential items during the day.
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	2 (1-quart) Water bottles (durable, Nalgene-style bottles work best).
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MISCELLANEOUS

	(optional) Money (\$20-25) for gas stations, fast food, or souvenirs
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	AWV often provides food but please feel free to bring your own favorite snacks!
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DO NOT BRING (REALLY- DON'T):

- 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.