

## GUIDED TRIPS RESOURCES

### ADVENTURE WV GUIDED TRIPS Hot Weather Trip Packing List

- **AVOID COTTON:** Avoid cotton clothing as much as possible (this includes denim). Cotton does not “wick” moisture and leave you uncomfortable on trip
- **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 sturdy athletic shoes (no open toed shoes)
	1 pair of synthetic socks (avoid cotton)

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

UPPER BODY	
	Synthetic T-shirt or long sleeve shirt to plan on being active in
	Waterproof/Water resistant rain jacket or poncho (if rain is possible) (can be borrowed from AWV)

LOWER BODY	
	1 pair of synthetic shorts or leggings for physical activity (what you’d wear to the gym) (no jeans!)

HYGIENE	
	Sunscreen & bug spray (optional)
	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	
	Day pack- small book bag or backpack to carry essential items during the day.
	2 (1-quart) Water bottles (durable, Nalgene-style bottles work best) It’ll be hot! Bring lots of water!
	(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):

- 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.