

## GUIDED TRIPS RESOURCES

### ADVENTURE WV GUIDED TRIPS

#### Climbing Trip Packing List

- **BRING WARMER CLOTHING:** The weather in our area can vary greatly and be chillier than expected, especially under tree cover or up high, 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 sturdy sneakers or boots (open toed shoes are not permitted)
	If its cold we recommend wool or synthetic socks to wear with your climbing shoes

HEAD	
	Sunglasses (optional)
	Brimmed hat for sun protection (optional)
	Warm synthetic hat for chilly mornings/evenings

UPPER BODY	
	Synthetic T-shirt or long sleeve shirt (Long sleeves with SPF protection are great!)
	If its chilly bring a warm long-sleeved synthetic fleece, jacket, or sweater (avoid cotton!)
	If it might sprinkle, bring waterproof/water resistant rain jacket or poncho
	If its cold, warm gloves are great when you're waiting to climb

LOWER BODY	
	1 pair of synthetic shorts or pants (no jeans)
	Athletic leggings are a good choice as well but beware you might get holes in them!

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).
	(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.

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- 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.