

GUIDED TRIPS RESOURCES

ADVENTURE WV GUIDED TRIPS

Hiking 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 running shoes or hiking boots/shoes* (open toed shoes are not permitted)

*These are available from AWW, ask your Guide for more information!

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 (no cotton)

Warm long-sleeved synthetic fleece, jacket, or sweater for chilly mornings or evenings

Waterproof/Water resistant rain jacket or poncho if rain is possible

LOWER BODY

1 pair of synthetic shorts or pants (no jeans)

HYGIENE

1 Neck Gaiters / 'Bufs' (optional but highly recommended)

Lip Balm (preferably with SPF)

Sunscreen & bug spray (optional- we also carry some with each trip)

Menstruation supplies (as needed)

Medications: If you regularly take any medications, you **MUST** bring them on the trip (be sure to list them on your form also)

EQUIPMENT

Day pack- small book bag or backpack (avoid drawstring bags)

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.

GUIDED TRIPS RESOURCES

- 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.