

## GUIDED TRIPS RESOURCES

### ADVENTURE WV GUIDED TRIPS Warm Weather Overnight 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!
- **GOING TO THE BATHROOM IN THE WOODS:** if backpacking on your trip, you will be going to the bathroom outside. Your leaders will discuss the details, but you may also [click here](#) to learn more in advance!

FEET	
	1 pair of sturdy, waterproof hiking boots *Available to borrow from AWW – Talk to your trip leader
	1 pair of sneakers (or Croc-like shoes) for wearing around camp and during down-time *Note: No open toed sandals are allowed on the trip
	1 pair of medium weight synthetic/wool socks for each day (avoid cotton)

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

UPPER BODY	
	1 shirt for each day (Avoid cotton if possible)
	1-2 synthetic long sleeve shirts
	1 Warm long-sleeved synthetic or wool fleece, jacket, or sweater for cold mornings
	Waterproof/Water resistant rain jacket or poncho

LOWER BODY	
	1-2 pairs of synthetic shorts or synthetic long pants to hike and move in (no jeans)
	Underwear and sports bras, as needed. Synthetic is better than cotton (ideal to have at least 1 synthetic pair of each)

EQUIPMENT	
	2 (1-quart) Water bottles (durable, Nalgene-style bottles work best). <i>Custom AWW bottles available for sale at check-in!</i>
	Headlamp with fresh batteries and extra batteries. LED lights strongly recommended.
	Sturdy food container (plate or bowl), mug, and spoon or spork. You will use these to eat your meals- no glass!

HYGIENE	
	1-2 Neck Gaiters / 'Bufs' (optional)
	Lip Balm (preferably with SPF)
	Menstruation Kit/Supplies
	Toothbrush & toothpaste
	Hand sanitizer (travel-sized)

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(If applicable) Glasses, contacts, contact solution, contacts case, travel mirror
Medications: If you regularly take any medications, you MUST bring them on the trip (be sure to list them on your form also)

OPTIONAL
Money (\$20-25) for gas stations or fast food
1-2 Bandanas- Many uses!
Crazy Creek portable chair (or similar) - must be without legs
Travel pillow (you can also use a pillowcase stuffed with clothes!)
Extra utensils- plastic knife, spoon, fork, bowl, etc.
Snacks- AWV provides all food and snacks, but feel free to bring a <i>small</i> amount of something you really like

**We will provide you with the following gear (or you can bring your own but your leaders will need to check it to ensure it's adequate for the activity):**

- **Sleeping Bag**
- **Sleeping Pad**
- **Backpack**

**\*\* we also have some personal rental gear available. Please let your leaders know at the Pre-Trip Meeting or earlier whether you need certain items on the packing list. We may be able to accommodate.**