

## GUIDED TRIPS RESOURCES

### ADVENTURE WV GUIDED TRIPS Moderate 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!
- **LAYER:** Layering is key in cold outdoor activities, [look](#) here for help! You want a base (wool/synthetic) layer or underwear layer that wicks sweat off your skin, a mid-layer (fleece/down) or insulating layer that retains body heat to protect you from the cold and an outer (rain/wind/snow jacket) layer or shell layer that shields you from wind and rain.

FEET	
	1 pair of sturdy, waterproof hiking boots *Available to borrow from AWV – 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 (beanie that covers your ears)

UPPER BODY	
	1 for each day synthetic t-shirt or long sleeve shirt (Cotton makes your COLDER consider synthetic materials!)
	1 wind jacket that fits over other layers
	1-2 warm long-sleeved synthetic or wool fleece, jacket, or sweater
	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)
	1 pair of synthetic/wool/ long underwear/long johns or tights
	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).
	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)

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Lip Balm (preferably with SPF)
Menstruation Kit/Supplies
Toothbrush & toothpaste
Hand sanitizer (travel-sized)
(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

### 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.

**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.**