

GUIDED TRIPS RESOURCES

ADVENTURE WV GUIDED TRIPS Winter Sport Day 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.
- **CHECK FABRIC TAGS:** Avoid cotton clothing as much as possible (this includes denim/jeans). Cotton will make you colder when 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!
- **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.
- **AFTER THE TRIP:** Bring clothes to change into after your winter activity! You might be wet or cold and having warm and comfortable clothes for the trip home is a good move.

FEET	
	1 pair of shoes that keep your feet dry in snow
	1 pair of extra shoes/socks to wear after the activity
	A pair of synthetic/wool socks. Avoid cotton socks

HEAD	
	Toboggan or winter hat (wool or synthetic)
	Balaclava/buff/ or neck gaiter (wool or synthetic)
	Sunglasses or ski goggles for downhill skiing
	Brimmed hat for sun protection (optional)

UPPER BODY	
	1 synthetic (polyester) or wool long sleeve undershirt/base layer – no cotton
	1 warm long-sleeved synthetic fleece, jacket, or sweater. Avoid cotton hoodies!
	1 down or “puffy” style jacket
	1 shell – can be rain jacket, ski jacket, or other durable outer jacket – should fit over insulating layers
	1 pair warm, waterproof gloves

LOWER BODY	
	1 pair of underwear and sports bras, as needed. Synthetic is better than cotton!
	1 pair synthetic long pants - comfortable for movement. Do not bring jeans or cotton sweatpants.
	1 pair of synthetic/wool long underwear bottoms/base layers - yoga pants are not very warm but certainly will work in a pinch – no cotton
	Waterproof rain or ski pants (optional, but highly recommended)

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).

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HYGIENE	
	Lip Balm (preferably with SPF)
	Sunscreen
	Menstruation Kit/Supplies
	(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)

OPTIONAL	
	Money (\$20-25) for gas stations or fast food
	Snacks- AWW 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.
- Adventure WV will be providing other necessary group items, including food, transportation, and gear needed for each specific activity.