

GUIDED TRIPS RESOURCES

ADVENTURE WV GUIDED TRIPS Cold Weather 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.
- **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 close toed shoes (hiking boots/shoes*, tennis shoes, comfortable boots to walk in**) *Available to borrow from AWW – Talk to your trip leader
	1 pairs of warm socks

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

UPPER BODY	
	1 synthetic short or long sleeve shirt, (avoid cotton)
	1 warm long-sleeved synthetic fleece, jacket, or sweater as a mid-layer
	1 warm winter jacket that protects from wind (goose or synthetic down or heavy synthetic jacket)
	1 pair warm gloves (optional)
	Waterproof/water resistant rain jacket if rain is predicted *Available to borrow from AWW – Call or email in advance to reserve!

LOWER BODY	
	1 pair synthetic long pants- ideally loose-fitting, comfortable for moving. Do not bring jeans or cotton sweatpants!
	1 pair of long tights/spandex/long underwear to wear under other pants if it's chilly.

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).

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

OPTIONAL (past participants say they would recommend the following items, but none listed below are required!)	
	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.