

WVU ORC Gear List

Moderate Weather Weekend Trip

The following list is what you are responsible for bringing on the trip. These items are necessary in order to be prepared for your outdoor experience.

Head/Hands:

- toboggan or winter hat (wool or synthetic)
- Brimmed hat (for sun protection)
- Light gloves

Upper Body:

- 1-2 T-shirts
- 1 mid-heavyweight synthetic long undershirts - polypropylene, or other hydrophobic, wicking fabric
- 1-2 Medium to heavyweight pile jacket /wool sweater
- Wind Jacket - nylon (can be same as rain jacket if waterproof/breathable - must fit over insulating layers)

Lower Body:

- Underwear as needed.
- 1 pair of loose fitting shorts
- light- medium weight Synthetic/Wool long underwear bottoms - polypropylene, or other hydrophobic, wicking fabric
- 1 pair long pants. Wool, synthetic or wind pants, loose fitting – synthetic materials (No jeans - take too long to dry.)

Feet:

- 1 pair of running shoes or sandals: For around campsite and stream wear
- 2-3 pairs of medium weight wool/synthetic hiking socks: Wool keeps your feet warm even when wet and gives good cushioning.
- 1 pair medium-heavyweight hiking boots

Rain Gear:

- Waterproof rain jacket - coated nylon or waterproof/breathable fabric
- Waterproof rain pants or rain chaps - coated nylon or waterproof/breathable fabric (Optional)

Miscellaneous:

- 2 1-quart water bottles or canteens
- 1 unbreakable cup with handle
- 1 unbreakable bowl
- 1 spoon, fork, knife
- 1-2 bandannas: multipurpose
- 1 flashlight (headlamp suggested) with fresh, alkaline batteries (alkaline batteries last longer)
- 1 set of extra batteries
- 1 toilet kit: Just the essentials, toothbrush and toothpaste, sunscreen, lip balm, insect repellent (no aerosols please).
- 2 **heavy** plastic garbage bags - one for sleeping bag, one for clothing.
- 1 pair of sunglasses or clip-ons (optional)

___ 1 pair glasses. Please bring an eyeglass safety strap for your glasses or they will be lost.

___ **Any medications you will need to take during the trip (allergy medications etc.).**

___ 1 waterproof camera and film (Optional)

WVU Outdoor Recreation will provide the following personal gear for the trip, but you may bring your own if you have them.

___ Sleeping Bag – 3 season 20 degree bag

___ Sleeping pad

___ Backpack

___ Compass

WVU Outdoor Recreation is providing the following group gear. Please do not bring your own.

Tents, Tarps, Stoves, Cooking Gear, Maps