**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