**WVU Outdoor Recreation Gear List**

**Pisgah Spring Break 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. We will be in Florida for most of the trip, but we will also be camping in South Carolina where the weather may be cold. If you do not have a specific item, let the trip leader know at the pre-trip meeting and he/she will try to find something appropriate from our borrowed clothes bin.

There is limited room in our trailer so you will not be able to bring more than can fit into an 18 gallon Tupperware container and a carry on day pack.

**Head**
- Brimmed hat (for sun protection)
- Wool or synthetic cap/beanie for warmth

**Upper Body**
- T-shirts cotton: 2, one for travel down/up and one for Town day. NOT FOR THE BACKCOUNTRY
- Short sleeved shirts: non-cotton, synthetic or wool only (3)
- Lightweight to midweight synthetic long undershirt - polypropylene, or other hydrophobic, wicking fabric (2)
- Light to medium weight pile fleece jacket /wool sweater - (ex. Polartec 100™) for warmth. This item should actively produce warmth when you put it on, this is an insulating/warming layer. NO COTTON
- Wool or synthetic warm mitts or gloves – Pisgah can be chilly in the spring
- Big Puffy warm jacket (synthetic fiber or down feathers) for evenings around camp or climbing site if windy

**Lower Body**
- Underwear as needed.
- Lightweight Synthetic/Wool long underwear bottoms - polypropylene, or other hydrophobic, wicking fabric. For warmth (2)
- 1 pair long hiking pants, synthetic materials (No jeans. No Cotton).
- 1 pair synthetic hiking shorts, in the event that Pisgah is warm.
- 1 pair thick warm fleece pants, medium weight pile/wool – (ex. Polartec 100™) for warmth.

**Feet**
- 1 pair of camp shoes or sneakers (Crocs optional, but must be closer toed and with heel strap)
- Socks as needed - some synthetic
- 1 pair of sturdy above-ankle waterproof hiking boots (we can lend a limited quantity, but preferred if you own your own). Synthetic or full-grain leather
Rain Gear
- Lightweight to Midweight quality rain jacket (ex. Gore-Tex™) - Pisgah can be windy and rainy in the mountains
- Waterproof rain pants or rain chaps - coated nylon or waterproof/breathable fabric (optional)

Miscellaneous
- 2 one-quart water bottles or canteens
- 1 cup with handle
- 1 bowl
- 1 spoon, fork, knife
- 1 bandanna: multipurpose
- 1 headlamp suggested with fresh, alkaline batteries.
- 1 set of extra batteries
- Small to Medium sized thermos for carrying hot drinks through the day.
- 1 towel (for road travel/final camp with showers)
- 1 from country toilet kit: Just the essentials, washcloth, small soap, shampoo, toothbrush and toothpaste, sunscreen, lip balm, insect repellent (no aerosols please).
- 1 pair of sunglasses or clip-ons
- 2 pairs glasses or contact lenses (if needed): If you wear contact lenses and will have difficulty cleaning them in the field it is suggested that you bring glasses instead. Please bring an eyeglass safety strap for your glasses.
- Any medications you will need to take during the trip (allergy medications etc.)
- 1 camera (optional)
- 1 - 18 gallon Tupperware container to store clothing and gear

Clothing for the ride home
We will try to find a place to shower prior to starting home. Bring one change of clothes that can be kept clean for the ride home.

WVU Outdoor Recreation has the following personal gear for you to use, but you may bring your own if you have them.
- Sleeping Bag (winter rating or 35-40 degree)
- Sleeping Pad

WVU Outdoor Recreation is providing the following group gear. Please do not bring your own.
- Tents
- Tarps
- Stoves
- Food and water containers
- Pots, Pans, and Utensils
- Coolers
- Water Purification