

# Gear List - Advanced Adventurer Overnight 2021

*Dress for the weather – check the forecast for Petersburg, WV when packing clothes.*

**CLOTHING:** Each day we will be climbing, tubing, and/or exploring, and getting wet to cool down as needed and possible. For the most part, we will be in areas without much thorns or poison ivy.

- Quick-dry synthetic or cotton clothing that is somewhat rugged, can get wet and dirty, won't fall apart easily.
- For tubing, consider wearing synthetic clothes that provide sun protection.
- Clothing for rock-climbing should allow good freedom of movement.

**Ticks:** Some years we've encountered adult dog ticks, mostly in tall grass at the campground. We will help check the hair and backs of students for ticks in the evenings, but they will need to self-check the rest of themselves with mirrors and flashlights. See our tick information page [here](#), but please do not wear permethrin-treated clothing in waterways, as it is toxic to aquatic life.

**Hat:** a hat with a brim can come in handy as a sun visor (mostly when we are on the river, tubing) and for keeping rain off of glasses.

**Rain gear:** should be light & compact, so it fits easily into students' day packs. A medium to heavy duty garbage bag can work (and is much stronger than a disposable poncho). A disposable poncho will be provided. Quick-dry synthetic shorts or pants are good for wearing on wet days too.

**FOOTWEAR:** Your child should have 3 sets:

1) **Shoes for exploring/hiking:** 1 pair of moderately sturdy, close-toed shoes. Depending on your child, the following can work:

- Light to medium hiking shoes/boots
- Running shoes

If your child is experienced with extensive hiking and exploring off-trail, you probably already have a good idea of what works well for him or her, and your child may be okay with running shoes if that is what they are used to.

Especially if your child does not spend that much time out in the woods, then I strongly recommend light **hiking shoes/boots** that provide **some ankle protection**. Just not too big and heavy.

2) **For tubing/wading:** 1 pair of shoes/sandals that can be worn in the water and protect feet/toes from hidden rocks and branches. Students will need to be able to wade, walking on slippery rocks. The typical "water shoes" tend to come off easily and provide minimal protection. **Rugged close-toed sandals**, or **running shoes** with a good toe-box and sufficient sole can work well. The shoes should be fairly non-absorbent, so they don't get too heavy when wet. They should stay on properly and reliably when wet. Many sandals do not work well under-water, shifting around on the feet. Please field-test your water foot-wear in advance.

3) **For in-camp:** light footwear - like sandals, comfortable and allowing feet to air out.

**DAY GEAR:** This is what students will take on excursions out of camp (usually about 9 am – 3 pm).

- Backpack – light & comfortable, but not flimsy, is ideal.
- 2 liters worth of water containers. Stainless steel is recommended (for boiling in as needed).
- Knife - ([Mora](#) is recommended) A Mora knife is cheap, yet superior to the more expensive knives that area retailers carry.

**In camp:**

- Tent
- Sleeping bag (temperatures into the 50s possible at night)
- Sleeping pad – Foam or self-inflating air mattress is recommended (NOT a yoga mat!)
- Thin small to medium-sized towel that dries easily for showers.
- Flashlight and/or headlight
- Toothbrush, toothpaste, and other toiletries
- 4" + Mirror for tick checks.
- Plate, bowl, cup, knife, spoon & fork

**Optional:**

- Camera
- Book
- Journal, pen and pencils.
- A small game. No electronic games please.

**Survival Kit** (we will provide):

- Fishing line & hooks
- Disposable poncho
- Disposable emergency blanket
- Matches
- Compass/whistle
- Band-aids, alcohol pads
- Zip-lock bags

**Optional:** If you already have, or would like to invest in, other survival gear to incorporate into the kit, and perhaps field-test on this outing, you are more than welcome to. For example:

[Fire-steel](#): like Magnesium or ferro-rod. (Note that actual flint & steel usually only works with charcloth as tinder).

[Reusable emergency blanket](#): There is a tarp version, and a breathable version that allows body moisture to escape. These exist in sheet form, or pre-sewn into a bivy/sleeping bag.

**Rock climbing gear:**

If you have personal climbing gear, please bring it, and let us know. Also, if you have extra shoes that you are willing to share, please consider bringing them too, and let us know what size(s) you have.

