

## Tech Adventures Outdoor Orientation Programs Packing List Summer 2017 – TOO Gorge

Due to the outdoor settings of this program specific personal equipment and clothing is required. All items must fit within a small duffel bag, backpack or suitcase.

- *Items listed in italics are required*
- Items listed as plain text are optional
- Items listed with an *\*asterisk\** can be borrowed at no charge from Tech Adventures. **\*You do NOT need to notify us if you'd like to borrow something. It will be available when you check in for your program\***

It will be colder than you expect! The weather in the mountains is cold and unpredictable. You **MUST** bring the required items for your own safety and comfort!

### FEET

- 1 pair of light hiking shoes or boots for trail activities (sneakers with good tread can also be used)*
- 1 pair of running shoes, sneakers or closed toe sandals for wearing around camp (flip flops are not acceptable)*
- 1 pair of athletic sandals WITH A BACKSTRAP or water shoes to wear inside the shower area*
- A few pairs of cotton or other lightweight synthetic socks*

### HEAD

- Warm Hat (fleece or wool)*
- Brimmed hat for sun protection (like a baseball hat) (optional)*

### UPPER BODY

- A few t-shirts (1-2). At least one should be synthetic. Bring WVU shirts if you have them!*
- 1 long-sleeved shirt. Synthetic is encouraged!*
- WARM fleece, wool, or synthetic jacket/sweater*
- Sports bras, as needed (synthetic is better than cotton)*

### LOWER BODY

- Underwear as needed*
- 1 pairs of athletic shorts*
- 1 pairs long pants/wind pants/warm-up pants*
- Swimsuit (for women a one-piece for rafting is preferred)*

### RAIN GEAR

- WATERPROOF Rain Jacket. Do NOT use a windbreaker as a rain jacket!*
- Waterproof rain pants (optional)*

### HYGIENE (Please NO AEROSOLS)

- Toothbrush & toothpaste*
- Shower supplies (travel supplies)*
- Bath Towel*
- Medications: If you regularly take any medications, you MUST bring them on the program.*
- (If applicable) Glasses, contacts, contact solution, contact case, travel mirror*
- Sunscreen (SPF 30+)*
- Bug Spray (optional)*
- Lip Balm (optional)*

## EQUIPMENT

- 2 (1-quart) water bottles or canteens.  
*Durable, Nalgene-style bottles work best.*
- Headlamp or flashlight w/Extra Batteries
- Day Pack or book bag for day hikes
- Non-Cotton Summer Weight Sleeping Bag\*\*  
*(Provided by Tech Adventures)*
- Sleeping Pad\*\* *(Provided by Tech Adventures)*

## MISCELLANEOUS

- Pillow
- Notebook with pen to be used as a journal  
**(Your Tech Outdoor Orientation experience will include a nighttime discussion focusing on your transition to college. It is highly suggested you take notes along the way)**
- Watch with alarm (optional)
- Sunglasses (optional, but most people enjoy having these)
- 1-2 bandanas. Many uses! (optional)
- Camera (optional)
- Pillow Case or other light bag for dirty clothes (Recommended)
- Duffle bag, backpack or small soft sided suitcase to pack in and store personal items while in tent

## DO NOT BRING. REALLY. DON'T.

- Cell phones or any other electronics (including iPod and MP3 players). We will carry an emergency cell phone and Satellite phone in the "off" position on the program. We encourage you to take advantage of this opportunity to be fully "present" and not distracted by phones and electronics. Most of our participants end up really appreciating the disconnect from technology! If you bring your cell phone or electronic to check-in, we will provide a locked space to store it during the program.
- Drugs, alcohol, or tobacco. Bringing these items is grounds for dismissal from the program with no refund.
- Anything not on the packing list! We will do a thorough gear check when you arrive and you will be asked to leave extraneous items behind in our locked spaces.