



FROST VALLEY YMCA Adventures West Virginia White Water Rafting Packing List

****BE SURE TO LABEL ALL PERSONAL GEAR WITH YOUR FULL NAME****

Clothing

Laundry is not provided

- 1 Synthetic long underwear top
- 1 Synthetic long underwear bottom
- 2 Heavyweight non-cotton top (fleece)
- 2 Non-cotton pants
- 1 Long sleeve cotton/poly blend shirt
- 4-6 T-shirts (non-cotton preferred)
- 4-6 Shorts (quick drying fabric)
- Waterproof rain jacket (no ponchos)
- Waterproof rain pants
- 4-6 Loose-fitting underwear
- 4-6 Socks
- 1 Pair wool or polypro socks
- Hat with good sun-protection
- Winter hat
- Swim suit & towel
- Non-cotton pants, shirt, sweatshirt, socks & extra shoes (for caving – will get VERY muddy!)
- Pair of sneakers
- Pair of water shoes* (old sneakers or sport sandals with covered toe and ankle strap are fine)

Essential Items

- Day Pack (school backpack size)
- Sleeping bag & stuff sack (30 degree or lower – must pack small)**
- Sleeping pad (must pack small)**
- Mug, bowl, and spoon
- Headlamp with extra batteries
- 2 Nalgene (or similar) water bottles (32 oz.)
- Toothbrush and travel-sized toothpaste
- Showering items (shampoo, soap, towel etc...)
- Garbage bag for muddy caving clothes
- SUNSCREEN (30 SPF min.)

Preferred Items

- Small insect repellent
- Sunglasses with retaining cord
- Bandana
- Small pack towel

Convenience Items

- Lip balm
- Comb or brush
- Journal and pencil
- Book, cards, etc.
- Waterproof camera

***PLEASE BREAK SHOES IN BEFORE CAMP TO PREVENT BLISTERS**

****ITEMS CAN BE BORROWED FROM FROST VALLEY UPON REQUEST**

Personal electronics such as an iPod are acceptable during transportation to and from trip sites. Electronic devices may be used on the trip at other points in time at the Trip Leaders' discretion. Please note, there are few – if any – places to charge electronics devices, and all electronics are up to the camper to keep safe.

Proper clothing and equipment are essential to prevent safety issues such as sprained ankles, sunburn, hypothermia, and blisters. Campers must have the essential gear listed in order to safely participate on the trip. If you have any questions or difficulty finding the appropriate equipment, please do not hesitate to contact us. From the moment you think about a summer trip to long after your amazing Adventure Trip is complete, Frost Valley Adventures is a partner to be called upon for any question or concern, big or small. You can reach us at the Adventure Trips office at (845) 985-2291 ext. 265 or email us at adventure@frostvalley.org.