



FROST VALLEY YMCA Adventures

West Virginia White Water Rafting Packing List

Clothing

Laundry is not provided

- 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
- Underwear
- 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...)
- 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**

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 Catskill Backpacking trip. The trip will run rain or shine so, having non-cotton, quick drying clothing that retains heat even when wet is important. Please leave personal electronics, such as iPods, computers and cell phones at home

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.