

LEADERSHIP ADVENTURE SEMESTER

2020 PACKING LIST



Fall is a beautiful time in western NC. September daytime highs hover in the mid-70s, and nights are cool but pleasant. In October and November, daytime highs cool off to mid-60s and mid-50s, with nighttime temps dipping into the low 40s. Fall months generally see sunny skies and lower rainfall (though you'll need to bring sturdy waterproof gear).

We'll spend time at elevations ranging from 2,000 feet to 6,000 feet throughout our trips, which means weather will vary greatly. Expect mosquitoes and no-see-ums (biting gnats) to make an appearance when it's warm; we will provide insect repellent containing DEET, but feel free to bring whatever you prefer. Sunscreen and lip balm containing SPF is a must year-round.

In the following pages, we provide detailed information on the packing list items. We also recommend certain brands that our instructors and directors prefer, but it's by no means an exhaustive list. Bring clothing and gear that's comfortable, practical, and appropriate for the environment; leave your favorite clothes and expensive jewelry at home so they won't get dirty, muddy, torn, damaged, or lost. Also, please clearly label your clothing and gear with your name, as everyone will bring similar items.

ADVENTURE TREKS WILL PROVIDE:

Big Agnes tents (4-person)	Mountain bikes and helmets
Deuter backpacks (85 liters)	Canoes, kayaks, helmets, PFDs, skirts, and paddles
Therm-a-rest Ridgerest sleeping pads	Water treatment (we use Aquamira)
Kelty sleeping bags (rated to 30°)	Insect repellent & sunscreen
First-aid kits	Over-the-counter medications
Twin-sized linens for camp beds	Maps
Camping bowl, spoon, and mug and all kitchen equipment: pots and pans, stoves and fuel, bear cans	Rock climbing helmets, shoes, ropes, belay devices, & harnesses

You're welcome to bring your own outdoor gear if you wish. If so, please pack:

- An internal-frame backpacking-specific pack with at least 80 liters in capacity
- A closed-cell foam or inflatable sleeping pad that provides insulation from the ground
- A synthetic sleeping bag rated between 0–30° (bring a warmer bag if you get cold easily) and compression sack
- Durable and lightweight camping bowl and spoon

If you bring the proper gear, we'll teach you how to use it and take care of it. Important things to note:

- **BREAK IN YOUR HIKING BOOTS BEFORE YOU ARRIVE!** We cannot emphasize this enough. Do not bring brand-new, never-before-worn hiking boots to Adventure Treks.
- Try items on before buying, and make sure your layering items (baselayer + fleece + rain jacket) fit well together.
- Pay attention to clothing marked synthetic/wool vs. cotton; synthetic and wool materials wick away sweat, dry quickly, and keep you warm when wet—cotton does not. Do not bring cotton clothing in place of synthetic/wool clothing.
- Waterproof (not water-resistant) and breathable rain gear is required.
- Laundry will be done about once per week, so pack enough underwear to get you through 7–10 days, though about 7 days' worth of shirts and pants should suffice.
- Bring extra batteries for electronics, as you won't always have access to an outlet to charge electronics.

Adventure Treks has a [Pinterest](#) page with links to outdoor clothing and equipment that our directors and instructors have personally used or recommend.

PACKS AND BAGS			
	Item & quantity	Purpose	Recommended brands
<input type="checkbox"/>	1 day pack and rain cover	A technical day pack with 21–35 liters in capacity, side and outer stash pockets, hip belt, ventilated back panel, and tool loops.	REI Co-op, Osprey, Cotopaxi, Deuter, Gregory, The North Face, Patagonia
<input type="checkbox"/>	1 duffel bag	Bring a soft-sided duffel bag (80–110 liter capacity) to pack the majority of your gear.	REI Co-op, Backcountry, Patagonia, Osprey, The North Face, Mountainsmith, Eagle Creek
<input type="checkbox"/>	5–7 nylon stuff sacks	Medium-sized stuff sacks will keep your belongings organized in the backcountry.	REI Co-op, Sea to Summit, Eagle Creek, Osprey, Granite Gear

FOR YOUR FEET			
	Item & quantity	Purpose	Recommended brands
<input type="checkbox"/>	1 pair waterproof backpacking boots	Bring sturdy, mid- to full-height boots for better ankle support. BREAK THEM IN!	Keen, Merrell, Salomon, Vasque, Sorel, Oboz, Asolo
<input type="checkbox"/>	1 pair running or hiking shoes	Bring a sturdy pair of athletic or light hiking shoes in good shape.	Merrell, Salomon, Oboz, Vasque, Keen, The North Face, La Sportiva, Altra
<input type="checkbox"/>	1 pair water shoes or sandals	These must have a heel strap (no flip-flops).	Keen, Chaco, Teva, Salomon, Astral
<input type="checkbox"/>	Rubber rain boots (non-insulated)	Though we hope not to have continuous days of rain this fall, it has happened. Any-height boots will keep your feet warm and dry.	Hunter, Muck Boot, Kamik, Heartland, Sperry, Crocs, UGG (and tons of options on Amazon)
<input type="checkbox"/>	8 pairs hiking socks	For backpacking and hiking. Bring mid-weight wool or synthetic socks; make sure they fit well inside your boots.	Darn Tough, Fox River, REI Co-op, Smartwool, Icebreaker, Field and Stream
<input type="checkbox"/>	7 pairs athletic socks	For frontcountry use; cotton is acceptable.	



FOR YOUR HEAD & HANDS			
	Item & quantity	Purpose	Recommended brands
<input type="checkbox"/>	2 wool, fleece, or synthetic hats	To keep you warm when temperatures drop.	REI Co-op, Smartwool, The North Face, Mountain Hardwear, Outdoor Research, Pistil
<input type="checkbox"/>	1 pair polarized sunglasses with a secure strap	Make sure you get polarized glasses for reduced glare from sun, water, and snow.	Sunglasses: Tifosi, Goodr, Native Eyewear, Smith, Sunski, Zeal. Straps: Croakies, Chums
<input type="checkbox"/>	1 baseball cap or wide-brimmed sun hat	You'll need at least 1 hat for sun protection.	Sun hats: REI Co-op, Outdoor Research, The North Face, Columbia, Tilley, Kuhl
<input type="checkbox"/>	1 pair wool or fleece gloves or mittens	Gloves allow more movement for your fingers, while mittens provide more warmth.	REI Co-op, Columbia, Outdoor Research, The North Face, Smartwool, Black Diamond
<input type="checkbox"/>	Synthetic or wool bandana or neck gaiter	This will provide protection from the sun, wind, and cold.	REI Co-op, Buff, Smartwool, Outdoor Research
<input type="checkbox"/>	2–3 face masks	Bring reusable/washable, comfortable face masks (in addition to a bandana/neck gaiter).	



FOR YOUR UPPER BODY

	Item & quantity	Purpose	Recommended brands
<input type="checkbox"/>	1 waterproof rain jacket	A waterproof (not water-resistant) shell with a hood. Make sure this fits over your baselayers.	REI Co-op, Columbia, Marmot, Mountain Hardwear, Outdoor Research, Patagonia
 <input type="checkbox"/>	2 fleece jackets or pullovers	1 heavyweight fleece and 1 lightweight fleece for non-cotton insulating layers; they should fit over baselayers and under a rain jacket.	REI Co-op, Columbia, The North Face, Patagonia, Smartwool, Icebreaker
<input type="checkbox"/>	1 insulated puffy jacket	A synthetic or down puffy that fits over a baselayer and under a rain jacket.	REI Co-op, Marmot, Mountain Hardwear, Outdoor Research, Patagonia, The North Face
 <input type="checkbox"/>	5 long-sleeved baselayer tops	Light- to mid-weight non-cotton tops made with synthetic or wool fibers to wick away sweat and keep you warm when wet.	Nike, REI Co-op, Columbia, Under Armour, Patagonia, Smartwool
<input type="checkbox"/>	5 short-sleeved baselayer tops	See above.	See above.
 <input type="checkbox"/>	1 long-sleeve sun shirt	A sun shirt with UPF protection goes a long way on sunny days.	Hanes, REI Co-op, Columbia, Speedo, NRS, O'Neill, Under Armour, Carve Designs
 <input type="checkbox"/>	5 short- and long-sleeved shirts	For frontcountry use; cotton is OK.	

FOR YOUR LOWER BODY

	Item & quantity	Purpose	Recommended brands
<input type="checkbox"/>	1 pair waterproof rain pants	Just like the rain jacket: a waterproof (not water-resistant) shell pant.	REI Co-op, Columbia, Marmot, Mountain Hardwear, Outdoor Research, Patagonia
 <input type="checkbox"/>	2 pairs baselayer bottoms	Just like the baselayer tops: light- to mid-weight non-cotton bottoms.	Nike, REI Co-op, Columbia, Under Armour, Patagonia, Smartwool
 <input type="checkbox"/>	1 pair fleece pants	Comfortable, non-cotton fleece pants to keep you warm, even when wet.	REI Co-op, Nike, Under Armour, Patagonia
 <input type="checkbox"/>	2 pairs nylon hiking pants	Nylon hiking pants are durable, lightweight, and often weather-resistant.	REI Co-op, Prana, Columbia, Under Armour, The North Face, Outdoor Research, ExOfficio, Mountain Hardwear, Royal Robbins
<input type="checkbox"/>	2 pairs nylon hiking shorts	See above.	See above.
 <input type="checkbox"/>	4-5 pairs casual shorts & pants	For frontcountry use; think comfy jeans, leggings, joggers, slacks, etc.	
 <input type="checkbox"/>	1 pair pajama pants	For frontcountry sleeping.	

UNDERWEAR AND SWIMSUITS			
	Item & quantity	Purpose	Recommended brands
<input type="checkbox"/>	8–10 pairs underwear	Bring a mix of cotton and synthetic or wool.	Synthetic/wool: REI Co-op, ExOfficio, Icebreaker, Patagonia, Smartwool
<input type="checkbox"/>	3–4 sports bras	Seams should be comfortable under loaded backpack straps. Bring synthetic or wool.	
<input type="checkbox"/>	2–3 swimsuits	For women, bring "active-style" one- or two-pieces. Men can use nylon or swim shorts.	

LINENS/BEDDING			
	Item & quantity	Purpose	Recommended brands
<input type="checkbox"/>	1 pillow, 2 pillowcases, bath towel, and hand towel	Bring a pillow, pillowcases, and regular towels for camp; we'll provide bed linens.	
<input type="checkbox"/>	Pack towel	A large or extra-large, thin, quick-drying towel for backcountry trips.	REI Co-op, Matador, PackTowel, Sea to Summit, Nomadix, Rumpl
<input type="checkbox"/>	Camping pillow	A lightweight, inflatable or compressible pillow.	REI Co-op, Sea to Summit, Cocoon, ALPS Mountaineering, ThermoRest

OTHER REQUIRED ITEMS			
	Item & quantity	Purpose	Recommended brands
<input type="checkbox"/>	Headlamp	A durable, battery-powered, LED headlamp.	Princeton Tec, Black Diamond, Petzl, Fenix, BioLite, Nite Ize
<input type="checkbox"/>	1 pair trekking poles	Lightweight, extendable/adjustable poles (not rigid ski poles) for backpacking.	REI Co-op, Kelty, Leki, Black Diamond, Mountainsmith, ALPS Mountaineering
<input type="checkbox"/>	Hydration reservoir (aka bladder)	A two- or three-liter bladder that will fit inside the backpacking backpack and day pack.	Osprey, Platypus, Gregory, CamelBak, HydraPak, Mazama Designs
<input type="checkbox"/>	2 water bottles	Durable plastic or stainless steel, liter-sized bottles with a wide mouth.	REI Co-op, Nalgene, CamelBak, HydroFlask, Klean Kanteen, GSI Outdoors
<input type="checkbox"/>	Camp chair	A lightweight, portable chair to make sitting on the ground more comfortable.	REI Co-op, Crazy Creek, ALPS Mountaineering, Kelty
<input type="checkbox"/>	Wristwatch	Smart watches aren't necessary, but make sure it has an alarm and is waterproof.	
<input type="checkbox"/>	Laundry bag	We'll send clothes out about once a week to be professionally laundered.	
<input type="checkbox"/>	Notebook and pens		

TOILETRIES		
	Item	Purpose
<input type="checkbox"/>	Prescription medications	Please bring prescription medications in their original containers, and bring enough to last you the semester. There are many pharmacies in town if you need to call in a refill. Any medications you bring must listed on your health history form.
<input type="checkbox"/>	Contacts and eyeglasses	If you wear contacts, please bring enough to last you through the semester, plus back-ups. Don't forget a case and solution. If you wear glasses, please bring a sturdy case.
<input type="checkbox"/>	Dopp kit, toothbrush and travel case, toothpaste, floss, mouthwash, shampoo, conditioner, brush/comb, hair ties, soap/body wash, razor, deodorant, lotion, astringent, travel/cleansing wipes (for the backcountry), feminine hygiene products, lip balm with SPF. Where possible, please bring unscented items. Bring Ziploc bags for easy organization during backcountry trips.	

OPTIONAL ITEMS			
	Item & quantity	Purpose	Recommended brands
<input type="checkbox"/>	Multi-tool	Most of our instructors use one.	Leatherman, Gerber, SOG
<input type="checkbox"/>	Duvet or quilt	To supplement the bedding and blanket we provide.	
<input type="checkbox"/>	Camera or GoPro	A digital point-and-shoot or GoPro with extra batteries. Consider bringing a waterproof, crush-proof case.	
<input type="checkbox"/>	Insect repellent and sunscreen	We'll provide both, but feel free to bring whatever you prefer. DEET works best in western NC.	
<input type="checkbox"/>	Wacky clothing and outfits	Raid your Halloween costume and bring some fun clothing and accessories. Examples include crazy wigs, feather boas, sequined tops or pants, loud clothing, animal onesie...	
<input type="checkbox"/>	Musical instruments	Bring a sturdy case to keep it protected.	
<input type="checkbox"/>	Miscellaneous and personal items	Playing cards, board games, photos of families/friends/pets—anything fun to share with the group and help make your cabin feel more like home.	
<input type="checkbox"/>	Book or non-internet-connected e-reader	For down time.	
<input type="checkbox"/>	Laptop	You're welcome to bring a laptop for designated downtime, but are not required to. Adventure Treks is not responsible or liable for loss or damage to any electronics, including laptops.	
<input type="checkbox"/>	Personal outdoor equipment: backpack, bike, padded bike shorts, kayak, canoe, skirt, helmet, paddle, PFD, climbing shoes and harness and chalk bag, sleeping bag and pad, bowl and spoon, mug		

THE FOLLOWING ITEMS ARE NOT ALLOWED (WE'LL REPEAT: DO NOT BRING THESE ITEMS)

- Weapons, fireworks, firearms, alcohol
- Tobacco products, alcohol, vape pens
- Illegal or non-prescription drugs