



APPALACHIAN ADVENTURE OVERNIGHT CAMP PACKING LIST

- Label the following items with your child's name
- Bring only what you need and pack everything in a duffle bag

CLOTHING

- T-Shirts [5]
- Long Sleeve Sun Shirt [3] (Hoods recommended)
- Hiking/Fishing Shorts [5] (QuickDry Synthetic Material recommended)
- Underwear [6]
- Socks [4]
- Wading Sandals (These must have a heel strap for fishing, swimming, and wearing around camp. Flip-flops or Crocs are not acceptable for wading in moving rivers. Fishing-specific sandals or secure sandals such as Chacos, Tevas, or Keens all work great)
- Sneakers/ Hiking boots (Pair that can get dirty and can walk distance in)
- Waterproof/Breathable Rain Jacket [1]
- Sweatshirt or Pullover Fleece [1]
- Bathing Suit/River Clothes [3]

CAMPING EQUIPMENT

- Duffle Bag* - To store personal belongings while traveling and when in tent
- Small Backpack* - This will be used to carry daily personal items, It should be big enough to hold your lunch, water bottle, snacks, tackle, and dry clothes (when needed)
- Sleeping Bag and Stuff Sack* - We recommend a compact sleeping bag (synthetic or down) that can be packed away into a stuff sack
- Camp Pillow*
- Sleeping Pad* - A full or 3/4 length mattress pad that is inflatable or made of foam.
- Headlamp & Extra Batteries*
- Water Bottles* - Two 1-liter Nalgene (or similar) water bottles. A Camelback or similar water bladder also works.
- Full Mess Kit (Plate, Bowl, Mug & Utensils)* - For meals, the plate/bowl should be sturdy reusable material. A spork or a set of silverware

Toiletries - All items should be travel size. If necessary, you will be able to restock during the trip.

Towel - Medium size cotton towel or synthetic camping towel.

Plastic Bags - 5 Large 1-gallon Ziploc bags used to organize and waterproof your gear and small items.

Mesh Laundry Bag

MISCELLANEOUS GEAR

Hat with Visor [2]

Wristwatch - Inexpensive and waterproof

Sunscreen (SPF 15+) & Chapstick (with SPF protection)

Insect Repellent

Personal Journal or Notebook

Book

Spending Money - \$25 in cash or a debit/credit card for trips to Bait&Tackle Shops or snack stops

OPTIONAL GEAR

Camp Chair (Crazy Creek or similar).

Digital Camera & Extra Batteries Great for documenting the trip. Make sure you bring a large-enough memory card (1 to 4 GB).

GO Pro Or similar compact/durable movie camera.

A Selection of your favorite tackle for fishing days

Hammock Lightweight brands made for backpacking.

Interactive Games/Activities to share with peers

Any other items that feel necessary for the trip

Rock Climbing Harness, Shoes, Helmet

COMMUNICATIONS

▪ To maximize independence and self-reliance, we try to limit phone calls, emails or text messages to or from our students (except in the case of an emergency).

▪ In the case of an emergency, we will make sure you are in touch with your child as soon as possible.

PERSONAL ELECTRONICS

▪ We do not permit personal electronics (e.g. Kindles or iPads) except for digital cameras.

PERSONAL PROPERTY

▪Virginia Outside is not responsible for any student's personal property—including but not limited to: phones, electronics, cameras, camping/fishing equipment, and clothing.