



SWVA FLY FISHING 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
- Sweatshirt or Fleece Pull Over [1]
- Bathing Suit/River Clothes [3]

FISHING GEAR

- Personal Fly Rod and Reel (**Optional- Virginia Outside will have plenty of fly rods but you're welcome to bring your own**)
- Waders (**Important! The South Holston is extremely cold, even in the summer!**)
- Wading Boots (**Important!**)

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.
- Toiletries* - All items should be travel size. If necessary, you will be able to restock during the trip.
- All necessary medications
- 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 Fly 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 flies
- Hammock Lightweight brands made for backpacking
- Fishing Net With rubber net material
- DVDs for the cabin (PG-13 or younger)
- Interactive Games/Activities to share with peers
- Any other items that feel necessary for the trip

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.