

Wilderness to Wake Personal Gear List

Welcome to WFU and W2W! We are looking forward to having you on this amazing wilderness trip.

This list will help you decide what to bring on your trip. Please do not bring extra clothing or equipment. In addition to your personal items, the van and your pack will be loaded with group gear, water, and food - so space will be very limited! Also, you will not want to leave valuable personal items in the van.

We recommend that you only bring gear that you already own. Outdoor Pursuits (OP) has a fantastic selection of gear that will be available (free of charge) for your trip. All gear will be distributed following our pre-trip dinner on August 17th. OP does not have any clothing or personal items - you are responsible for bringing these items yourself.

A note on valuables and electronics: You may want some cash or a credit card (with ID) to buy snacks or souvenirs during the trip. We recommend carrying these items with you at all times and never leaving them unattended in the van.

We request that you leave your electronic devices behind for your experience. Not only do you risk losing or damaging these items, but the goal of your trip is to meet and connect with the other people in your group. It's difficult to do this hiding behind the screen of your phone...and there isn't cell service where we're travelling anyway!

The following items will be supplied by Outdoor Pursuits:

***If you are planning on using your own equipment during the trip, please be certain that it meets the specs listed below. Your trip leaders will need to inspect the equipment items before they are approved for use in the field.

Equipment	Quantity	Comments	Checklist		
Sleeping Pad	1	Must be closed-cell foam (no inflatable pads, in case they are punctured we cannot repair in the field)			
Sleeping Bag	1	Must have a temperature rating of at least 30 degrees, Synthetic material only.			
Backpack	1	Must have at least a 60 L carrying capacity			
Headlamp	1	Non-flashlight, provides hands free lighting for camp or night travel			
Bowl/Spoon	1/1	Plastic/ lexan for both			

Group members share both the use and the responsibility for the group gear that OP issues. Each group will be carrying the following:

Tents, Fuel bottles, Stoves, Cooking equipment, water filters, food bags w/food, first aid kits, maps, compasses, as well as other group items specific to your trip.

NOTE

If you take prescription medications, please have an ample supply for the trip. Please do not stop or change your prescription medication plan before or during this trip, unless directed to do so by your medical professional.

Also, if you wear contacts, please bring extra sets as well as a pair of prescription glasses as a back-up.

The following items are not available through OP and must be brought by each participant. Note that the quantities are our recommendations for a balance of comfort and weight as we will be carrying these items with us on our backs!

If you have any questions about the list, please contact A.G. Jennings @ jenninag@wfu.edu.

Footwear			
Equipment	Quantity	Comments	Checklist
Camp/Water shoe *	1	To wear around camp and during water based activities. Can be a Teva or Chaco style sandal (must have a heel strap) or an old pair of sneakers that you don't mind getting wet and dirty.	
Hiking Boot *	1	Any brand of mid hiking boot with a high top for ankle supports is best. If you have a lot of experience backpacking and own a pair of light hikers, they may be acceptable. ***It is extremely important to break in a new pair of shoes prior to the trip***	
Personal Clothing (Required Items are marked with a *)			
Socks *	3	Non-cotton only!!! Materials like wool or polypropylene	
Long-sleeve shirt *	1	Loose fitting material for bug and sun protection. Synthetic material only	
T-Shirts *	2 - 3	Non-cotton, wicking material.	
Bathing Suit	1	Make sure it is comfortable and functional. For ladies, a one piece or tight fitting two piece is preferred.	
Pants *	1	Loose fitting material for bug and sun protection. Synthetic material only	
Shorts *	2	Non-cotton, wicking material only.	
Underwear *	2-3	Whatever is comfortable. For ladies, 1-2 sports bras are recommended.	
Rain Jacket *	1	Gore-Tex or other breathable material. If cost is an issue, rubberized rain jackets are cheaper and will work. A rain poncho is insufficient.	
Warm Jacket *	1	Fleece type jacket. Non-cotton only.	
Miscellaneous Personal Gear (Required Items are marked with a *)			
Sun hat or baseball cap	1	For sun protection	
Sunglasses w/ retention strap	1	Any variety of shades will work. Be aware that they will get wet, dirty, and potentially scratched. Expensive sunglasses are not recommended.	
Bandana	1	Multi-use item for personal hygiene,	
Water bottle *	2	Quart or Liter sized. Water bladders such as a camelback are also acceptable.	
Sunscreen *	1	minimum 30 SPF, small bottle.	
Lip balm	1	should contain sun protection	
Watch	1	Waterproof and with an alarm	
Towel *	1	For use after water based activities	
Small backpack	1	For holding items that will be left in the van during your trip	
Toiletries *	n/a	Toothbrush, toothpaste, prescription meds, contact solution, feminine hygiene products.	
Ziplock bags	3 to 4	Gallon in size, used for clothing storage and to keep items dry	
Batteries *	3	AAA in size	
Bug Spray*	1	We recommend spray that does NOT contain DEET.	
Comfort Items			
Camera	1	If it's not waterproof, make sure that you have a way to keep it dry during water activities. Extra batteries and memory cards are a good idea as well.	
Journal/Pen	1	Keep it in a small ziplock bag and use it to write down thoughts and memories about your experiences.	

*Items marked with * are required items. Other items are optional.*

Note: We will be travelling in remote areas and there is no guarantee that you will have access to bathing facilities. There are often streams, lakes, and rivers to jump in for a refreshing backcountry rinse, but please do not expect to bathe in the traditional sense each night.