

What to Bring: Suggested Equipment and Supplies

Questions about what to bring? Contact Sue Lowley at 540-568-8713 or lowleysa@jmu.edu.

Here's your "list" of things you'll need. Try and pack light as possible without extra items if possible. We will be camping at a local campground so it is only a short walk from parking to the camp but space is limited in your tent. Don't bring anything you can't bear to lose. You will want to be able to pack personal belongings into one small bag to be secured daily. There is a modern bathroom on site but there is no shower but you will be able to wash up daily.

CLOTHING:

- 3 Pairs of Socks, (wool or synthetic helps to prevent blisters)
- 1 Pair Mid-weight Hiking Boots (backpacking trips only)
- Shoes – need good tread and support
- Rain parka
- Upper body insulation, 1 layer (fleece, wool, synthetic fabric)
- 1-2 light to mid weigh synthetic long sleeved shirt
- Pants
- Nylon long pants
- 1-2 long sleeved shirts
- 2 Cotton T-shirts
- Camp shoes (sneakers or close-toed shoes)
- 2-3 pair Underwear
- 1-2 Pair Shorts (mesh, nylon)
- Baseball hat
- 2 bandannas

PERSONAL GEAR:

- Duffle Bag or Backpack for carrying personal gear
- Day pack
- Sunglasses
- Sun block
- Notebook and writing implement
- Cup, bowl, spoon
- 1 quart water bottle (2 bottles)
- Flashlight/headlamp with batteries and extra bulb
- Toiletries
- Camera
- Money for a food/ice-cream stops (\$15-20)

TEAM GEAR

JMU WILL PROVIDE THE FOLLOWING EQUIPMENT:

- All adventure activity gear (canoes, ropes, harnesses, etc.)
- Water purification system (filter, iodine, chlorine)
- Shelter system (tent, tarp, bivy sack)
- Stoves (fuel, containers, repair)
- Cook gear (pots, skillet, pot grips, spatula, water carrier)
- Climbing and Canoeing equipment
- Matches, lighter
- Maps, Trowel, Compass
- First Aid

CANOEING GEAR:

- Swim Suit
- Water Shoes (sandals with heel straps)
- Beach Towel

SLEEPING GEAR:

- Sleeping bag
 - Sleeping pad
 - Sleeping bag stuff sack
- (WE HAVE THESE IF YOU DON'T)**

LOW COST ALTERNATIVES:

- Wool items can be purchased at Thrift or Army/Navy stores.
- Discounted items may be found at <http://www.sierratradingpost.com/>

Gore-tex rain gear is nice but not mandatory. A cheaper waterproof rain suit can be purchased at discount stores

Mountain Weather

Even in the heat of July, temperatures can drop to the 40's in the Shenandoah area so being prepared means bringing along pants and jackets even in the summer. Rain is also a common event in the summer but most often is short lived. Be prepared with good rain gear as well.

PLEASE READ THE FOLLOWING FOR MORE INFORMATION ON FABRICS AND THE LAYERING SYSTEM:

- **Fabrics**

Clothing layers should consist of several different types of fabrics. Cotton is comfortable and breathable, but it absorbs and retains water, and therefore it will not keep you warm if it gets wet. Also it can be difficult to dry. For this reason you should not bring heavy cotton clothes such as sweatshirts, sweatpants or blue jeans. Cotton T-shirts are fine. Polypropylene or other hydrophobic synthetic fabrics move the moisture (sweat) away from your body to the outside of the layer, reducing evaporative cooling and keeping you dry and comfortable. Wool or synthetic pile/fleece fabrics don't absorb water so they keep you warm even if they get wet. Pile also dries very quickly. A wool sweater or pile jacket provides warmth on a chilly evening. Nylon or Nylon/Cotton Windshells reduce connective heat loss. For raingear, coated nylon is lightweight and works well. Waterproof-breathable fabrics are also possible but are expensive.

- **The Layering System**

Combinations of these types of fabrics creates a layering system. The purpose of a layering system is to be able to mix and match the layers of insulation to match the weather conditions and your activity level to maintain a comfortable body temperature without excess sweating (which can lead to heat loss). Throughout the day you will need to layer up and layer down as conditions and activity levels change. Typically in the morning and evening when it is colder, you will need many layers on. The inner layer keeps the skin dry and comfortable. The middle layer provides some insulation and protection from the elements. Long-sleeve shirts and long pants make up this layer. You may wear these during the day for or in the evening when your activity level is low and it starts to cool off. The outer layer provides insulation. You will wear this around camp at night. The shell layer protects you from wind and rain. A waterproof rain jacket is essential in case of bad weather. The head layers are for sun and rain protection during the day and to reduce heat loss when it cools down. The feet layer is actually two layers. You should wear a lightweight synthetic liner sock against your foot, which helps pass moisture away from your foot. On top of this you wear a wool/nylon blend hiking sock. People wonder why you should wear a wool sock with summer heat. Since wool doesn't absorb water it passes the moisture from your foot outwards, keeping your foot dryer. If your feet stay damp, they get wrinkled and are more prone to blisters. Having two sock layers means that your socks will slide against each other so that the friction from your boots is between the sock layers rather than against your skin (friction against the skin leads to blisters).

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