

TREKKERS SESSION

PACKING LIST

All items are necessary; however, you may choose to reduce the quantity of some items because they may be worn more than once.

“Better to have, and not need, than to need, and not have.” — Franz Kafka

If it is italicized it is a suggestion made by others.

- CLOTHING:**
- (2) Long pants, one lightweight (nylon wind pants work well) – *Use rain pants as one of these or convertible pants that zip off into shorts*
 - (5) Shorts
 - Fleece sweater or other that has moisture wicking ability
 - Set of long underwear, top and bottom (we suggest polypropylene or capilene) – *It may be summer but it can still get cold.*
 - (13) Socks, (we suggest wool socks OR synthetic socks)
 - (13) Underwear
 - (14) T-Shirts – *Now remember they will be out most of the time, so will they really wear them all.*
 - (2) Swimsuits (No bikinis, 1 piece suits are recommended)
 - Raingear, rain jacket and pants
 - For caving long sleeve shirt, pants & gardening gloves (will get muddy) *Get them from Goodwill and throw them away after, no washing.*
 - Hat (baseball cap is good for helping with sun, and a winter hat for backpacking when cold)

- FOOTWEAR:**
- Pair camp shoes (eg. sneakers)
 - Old shoes or water sandals like Chaco's or keens (**NOT CROCS**) for canoeing, **must** fasten securely (will get wet)
 - For caving a pair of old shoes (will get muddy) – *Use your hiking shoes, they get wet and dirty anyway.*
 - Hiking shoes, lightweight or trail shoes

- TOILETRIES:**
- Toothbrush/paste
 - Shampoo and Soap with soap box
 - Deodorant (NO aerosols)
 - Comb/Brush
 - Feminine hygiene supply

- OTHER:**
- Laundry bag
 - Bring a spoon – *If you don't bring one you can get a spork in the store.*
 - Bowl
 - Day pack/small book bag – *If you don't bring one you can get one in the store.*
 - 2 Water Bottles – *If you don't bring one you can get one in the store.*
 - Flashlight or headlamp w/ extra batteries (small) – *If you don't bring one you can get one in the store.*
 - Sunscreen (no aerosol)
 - (2) Towels
 - (2) Bandannas
 - (10) Large Ziploc bags (used to keep clothes dry)
 - (5) Large garbage bags (used to keep clothes and sleeping bag dry)

- OPTIONAL:**
- Bible
 - Camera
 - Sunglasses
 - Pillow
 - Sleeping bag or sheets and blanket for cabin (we will provide sleeping bag for out of camp)

TREKKERS

- Sunday** - Arrive @ Cheerio Adventures between 2:00pm and 3:00pm
- Get to know other group members
- Work on group cohesion
- Monday** - Backpack put in at Upper Creek access in Wilson Creek area
- Camp in designated area
- Tuesday** - Continue backpacking to Little Lost Coves
- Camp in designated area
- Wednesday** - Climb and rappel all day at Little Lost Coves
- Camp in designated area
- Thursday** - Backpack to Roseboro to meet bus
- Return to NROC
- Friday** - Canoe from Weaver Rd Access to Allegheny access on New
- Camp at Allegheny Access
- Saturday** - Canoe from Allegheny Access to Paddle Board Put-in
- Paddle Board To Camp Devine
- Camp at Cheerio Adventures
- Sunday** - Kayak from Cheerio Adventures to big tree at Ducks Roost
- Drive to camp at Rafting Company
- Monday** - Bike in VA Creeper
- Camp Cheerio Adventures
- Tuesday** - Bike New River Trail State Park
- Camp Cheerio Adventures
- Wednesday** - Go caving at Speedwell Cave
- Drive to New River Gorge
- Thursday** - Raft the New River
- Drive to Cheerio Adventures
- Friday** - Climb at Rocky face
- Camp Cheerio Adventures
- Saturday** - Participants get picked up between 8:00-9:30AM

*Please note: The actual order and location of activities may vary due to availability of sites, weather conditions and other situations beyond our control.