

WILD GUYde Adventures, LLC: SUGGESTED PERSONAL CLOTHING AND EQUIPMENT FOR EACH PERSON

Please do not bring: guns or weapons, alcohol, non-prescription drugs, expensive electronics

Day-Hiking: ** Optional* ***Check the weather forecast*

- Sunblock
- Hiking footwear (hiking boots, sneakers, or running shoes)
- Lunch, water bottle (plastic, not glass)
- Swim suit, small towel (may depend on the specific location)
- River shoes (old sneakers, aqua shoes, or sandals with a heel strap)
- Backpack or book bag
- * Bug repellent
- *Camera
- ** Something for rain (poncho, rain jacket)
- ** Something for warmth (fleece, sweatshirt, light jacket)
- *Medical Form and Participant Agreement*

Paddling: ** Optional* ***Check the weather forecast*

- Swim suit or shorts and t-shirt, small towel
- Lunch and 2 water bottles (plastic, not glass)
- Hat with all-around brim
- Sunblock
- River shoes (old sneakers, aqua shoes, or sandals with a heel strap)
- * Camera
- * Sunglasses with a holder strap
- Backpack or book bag
- ** Something for rain (poncho, rain jacket)
- ** Something for warmth (fleece, sweatshirt, light jacket)
- *DRYbag or floatbag (waterproof)
- *Medical Form and Participant Agreement*

WILD GUYde will supply Personal Flotation Devices (life vests), canoes, paddles, gear buckets or drybags, and safety equipment

See next page for rock climbing and caving lists!



Rock Climbing: * *Optional* ***Check the weather forecast* # *Seneca trip only*

- Hiking footwear (hiking boots, sneakers, or running shoes)
- Lunch, 2 water bottles (plastic, not glass)
- Backpack or book bag
- * Bug repellent
- * Camera
- # Spending money
- # Swim suit, small towel
- # River shoes (old sneakers, aqua shoes, or sandals with a heel strap)
- Sunblock
- * Personal climbing gear (harness, shoes) if you own any
- ** Something for rain (poncho, rain jacket)
- ** Something for warmth (fleece, sweatshirt, light jacket)
- *Medical Form and Participant Agreement*

WILD GUYde will supply climbing ropes, harnesses, helmets, and *climbing shoes*

Caving: * *Optional*

Caves in VA and WV are a pretty constant 52° year-round.

- Boots (hiking style, work boots, or military) or old sneakers that can get muddy
- Snack (CLIF bars, POWERBARS, or other durable food), 1 small water bottle (plastic, not glass)
- Backpack or book bag
- An outer clothing layer that can be muddied, and then removed when we exit the cave (blue jeans, work pants or old sweat pants, and a long sleeve shirt layer or old hoodie). Coveralls are great if you have them.
- It is best then to have other clothes *underneath* the outer layer (like shorts and a t-shirt), so when we exit the cave, the muddy stuff can simply be “peeled off” without any modesty issues. Don’t expect privacy; there is often no where to change at the cave.
- 1 large plastic trash bag (kitchen or yard size)
- **Headlamp, or several new AA or AAA batteries** (*Walmart* has some decent inexpensive headlamps)
- **A flashlight**
- Change of footwear for home travel (sandals, sneakers)
- Whistle on a lanyard
- *Disposable camera with flash, preferably in a Ziploc®
- *Medical Form and Participant Agreement*

WILD GUYde will supply caving helmets, cave packs, and safety equipment