

**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