

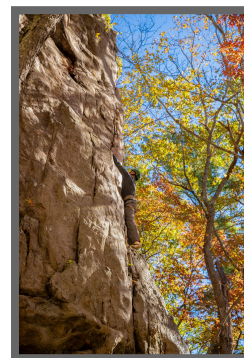


## OWG Summer Packing List

These are the necessities for an expedition in the Linville Gorge in Summer, having the potential for very hot sunny days in the 90's to cold rainy nights in the 50's. It can change day to day, and it is best to be prepared for everything so that the focus is on each other and activities instead of managing gear and basic comfort. Extra gear, and anything that does not need to be carried can be stored at basecamp.

**Please bring the following. Extra gear will be stored in a safe/dry place with cell phones and valuables before the expedition:**

- Personal Medications plus extra in case of damage or loss
- Toothbrush and small tube of toothpaste
- Hand sanitizer (small)
- Earplugs for sleeping at night (optional)
- Disposable camera (optional) (cell phones will be put away)
- Sunscreen
- Chap stick
- Sunglasses
- Small journal and pen (we can provide)
- Headlamp w/ red lens (less bugs, maintains natural night vision)
- Hiking Shoes for day use (Broken in, light boots or solid trail-runners)
- Camp Shoes for morning and night use (croc/sneakers/light shoes. Flip-flops can be flimsy)
- 4 Pairs of socks
- 2 Long sleeve shirts (one non-cotton, quick-dry for day use, one for camp use)
- 1 or 2 outdoor style pants (one for day hiking use, one for camp use)
- 2 sets of underwear
- Shorts for swimming
- Set of clean clothes for the last day (warm, pants/hoodies/sweaters)
- Feminine Hygiene items
- Sports Bras
- Rain Jacket (Hardshell & waterproof. If you have a soft, non-waterproof jacket, bring a poncho or rain jacket in addition to supplement as a water barrier. Serves as a pillow as well)
- Personal 1 gal (approx) Ziploc Bag for trash
- 2 liters + worth of water storage. Bottles preferred. Bladders can leak.
- Small mesh bag for dirty laundry (optional)
- Trekking Poles (optional)
- Multitool/knife (optional)
- Rain pants (optional)
- Coffee mug (optional)





**Additional items required, but provided by OWG unless you would like to bring and use your own:**

- Tent
- Backpack (70 liters minimum)
- Day pack (20 liters minimum)
- Sleeping Mat (inflatable)
- Sleeping Pad (rigid)
- Sleeping Bag
- Bowl
- Spoon
- Pack Cover
- Climbing gear
- Group cooking/cleaning gear
- Camp chair



Guides will carry First Aid Kits, climbing/river equipment, safety gear and communications gear. Food will be distributed amongst the crew before departure. Please email any dietary restrictions or food allergies to [outdoorwellnessgroup@gmail.com](mailto:outdoorwellnessgroup@gmail.com) at least one week before your expedition. Please feel free to email us with any questions! We greatly look forward to meeting you.

