

Teen Adventure Equipment List

This list is *extremely* important; please follow it closely. Proper equipment is essential. Our goal is to provide exciting, challenging and positive outdoor adventures. However, the quality of your camper's experience can be affected by the appropriateness of the equipment you provide. The misery caused by an ill-fitting backpack or inadequate shoes can color a camper's attitude toward backpacking, hiking and camping, in general. Please help your teenager enjoy Teen Adventure! All items *not* listed in the Optional, or Do Not Bring categories are required. If a camper does not bring a required item, TA staff or parents have to drive to town to buy them—and they are often difficult and/or expensive to find at the last minute. For safety reasons, campers are not permitted on the trail without them. Parents—please check that your TA camper has packed all items on the list before departing for TA.

Required Equipment: *label all items to avoid loss*

- A nylon backpack** with a metal (external) frame or internal frame (no day packs or rucksacks.) It is essential that the pack have a frame, a functional, one piece, well-padded hip belt and padded shoulder straps. It must be possible for the hip belt to be tightened around your camper's waist, while the shoulder straps go up to the frame at an angle bearing little or no weight. This allows the legs to carry the bulk of the pack's weight, thus avoiding shoulder or back injuries. The pack must fit well. When it is full, no part of the metal frame should touch the camper's body. Growth spurts over the last year may mean that last year's pack no longer fits properly, so please check carefully. If you have doubts or questions on how to gauge the size of a backpack to your teenager's body, contact a reliable outfitter. There should be a place for a sleeping bag to be strapped onto the frame.
- A lightweight sleeping bag with a nylon stuff sack.** Flannel sleeping bags are simply too heavy for our backpacking program. We recommend a synthetic fabric bag filled with a lightweight synthetic fiber. Down bags become heavy and provide no warmth when wet. Stuff sacks are essential because they make the sleeping bag more compact and help protect it from rain and river water. A sheet is also highly recommended and is a great way to keep the bugs off and sleep in hot weather. An old sheet can be sewn part way up the side to make a "sheet sack."

Footwear: (3 pairs of shoes needed):

- Sturdy, lightweight hiking shoes.** Shoes should be comfortable and lightweight (leather or nylon), but still have ample padding, strong soles and provide ankle support. Shoes must be broken in. Shoes should be sized to accommodate thick, wool socks. Canvas shoes, and army boots *may not* serve as hiking shoes.
- River shoes** *please read carefully*. Your camper will also need a pair of shoes to wear for canoeing and river activities. They must be closed-toed, cover most of the foot, allow sand and water to flow out of them, and be sturdy enough to walk distances in while carrying weight. The following types of shoes are not permitted for this: Teva type open sandals and other sandals, cros type foam shoes, and aqua socks. Please do not bring them as river shoes. We suggest old sneakers that will drain.
- Extra shoes.** These should be as lightweight and compact as possible, because they will be carried both on hiking and canoeing trips to allow feet to dry out in the evenings. Some campers bring two pairs of extra shoes, a pair of sneakers and something light and open such as flip-flops or cros.

Equipment:

- 1 Ensolite pad or Thermarest pad
- 4-6 Hefty Steel Sack type garbage bags to line pack
- 2 web straps (30"-36" long) to attach sleeping bag (no bungee cords)
- 1 plastic bowl, 1 soup spoon, 1 plastic cup
- 2-3 one quart /liter water bottle (an empty, one liter soda water bottle is cheap, tough, and easy to replace.)
- 1 pocket flashlight or lightweight headlamp & extra batteries
- 1 lightweight rain poncho (which doubles as a ground cloth)
- Toiletries (toothbrush, paste, and biodegradable soap/shampoo)
- 2 bottles SPF 30 sunscreen
- Non-aerosol bug repellent

Clothes: *Pack very light, as you will be carrying all of this on your back while hiking*

- 1 swimsuit
- 3 T-shirts (Many people bring at least one synthetic shirt for hiking)
- 2 shorts (find a couple of pairs that minimize inner-thigh chaffing. Try them out by walking in the hot sun for a while. Synthetic hiking shorts, biking shorts, and hiking *skirts* are popular choices).

- 1 pair long pants (fleece or synthetic sweatpants work well – No cotton)
- 1 or 2 long sleeve shirts or long-sleeve T-shirts (one should be cotton and for sun protection)
- 3 pairs of thick wool socks (No cotton --> causes blisters)
- 3 pairs of thin liner socks (polypro, thermax, hydrofil - No cotton)
- 1 sweater or sweatshirt (wool and polar fleece / no cotton)
- 1 pair of eyeglasses with a very secure glasses strap if you wear glasses or contacts
- 5 pairs of underwear --
- 1 bandanna
- 1 pair of sunglasses with strap
- 1 sun hat (very much needed!)
- 1 warm hat (wool or polyester--very much needed!)

You will not be permitted to bring long sleeves, pants, or socks that are cotton---so please follow our list. Remember, wet cotton leads to hypothermia! Synthetic fabric clothing can be found in sporting goods stores, department stores, odd lot stores, camping stores, and online. Items can range in price from inexpensive to ridiculously expensive, so you may want to look around before making any purchase.

Optional Equipment:

- Letter writing supplies
- Very small notebook or journal
- Small camera and film (waterproof disposables are a great idea)
- Sheet sack - see above
- Body Glide, Massengil anti-chaffing crème, or runner's lubricant to prevent thigh chafing—very helpful!
- \$20-\$30 spending money
- Small pocket knife

Do Not Bring:

- Delicate clothing or jewelry (these tend to be damaged or lost)
- Aerosol dispensers or spray cans
- Ipods, Mp3 players or other electronic games or equipment
- Fire works, large knives, guns, or any other weapons
- Non-prescription medicines
- Cigarettes, drugs, or alcohol: the possession or use of alcohol or drugs, or the misuse of prescription drugs, will result in camper(s) being sent home
- Anything that you dearly love and would hate to lose or ruin
- More than \$30 cash
- Cell Phones

Remember:

You have to carry all this equipment in your pack, on your back, up and down large mountains. PACK LIGHT. You must also leave half of your pack empty to carry group gear and food. Load your pack and try it on. Then add 15 pounds of canned food and carry it up and down the stairs for a few hours. Make sure that it fits well loaded and is comfortable. It is impossible to stress enough the importance of proper equipment. Parents - If your child arrives without the proper equipment, you will need to go to the nearest outfitter (a one hour drive to Roanoke) to purchase gear before being enrolled. If you have any questions please contact us.

Questions? Jen Schneider: riverswift19@yahoo.com or 540-535-6838