ADVENTURE EDUCATION
PE 405

Equipment List – 1 night

Provided by WCU:

- Backpack
- Sleeping bag/pad
- Tent
- Raingear
- 1 water bottle
- Map & compass
- Iodine tablets
- Tarps
- Trowel
- Large water bag
- Rope

Items you will need to provide:

- Food items
- Pen/paper or small notebook
- Book/deck of cards (for leisure time)
- Small flashlight – extra batteries
- 1 liter water bottle (in addition to the one provided by WCU)
- Small Pocketknife
- Bowl/cup/spoon & fork
- Toilet paper (half roll or less)
- Plastic bags (large garbage & several large zip-locks too)
- Watch
- Medication (if applicable)
- Bug repellent (if applicable)
- Sunscreen

Clothing: (This includes what you’ll wear on the first day)

Don’t forget to consider functionality and packability.

- 1 pr shorts
- 2 t-shirts
- 2 pr socks
- 2 pr underwear
- 1 pr long pants (1 nylon shell/sweats; not blue jeans)
- 1 pr long sleeves (1 sweatshirt/nylon shell)
- Sunglasses
- River shoes (closed toe)
- Sleeping hat (fleece, wool, etc.)
- Baseball hat/visor
- Bathing suit (if applicable)