

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