

ALMOST HEAVEN, WEST VIRGINIA

Adventures in Good Company's suggested packing list

FOOTWEAR

- 1 pair lightweight shoes/ boots/ sandals that are okay to get wet (Teva sandals or athletic shoes with a non-skid sole)
- 1 pair comfortable athletic shoes for bicycling and hiking
- 2-3 pair socks: wool or synthetic equivalent (Thermax, Ultrex, or Polartec). **Do not skimp on socks!**

CLOTHING

- 1 pair comfortable, lightweight pants (light wool, Supplex, or nylon/ polyester/ spandex blend). **Please, no jeans except for casual wear.**
- 1 long-sleeved, lightweight shirt for protection from sun and bugs
- 1 pair lightweight long underwear top and bottoms: silk or synthetic equivalent (Capilene, Thermastat, MTS, Polartec, or polypropylene)
- 1 medium-weight top layer: wool shirt/ pull-over or synthetic equivalent (Capilene, Thermastat, or Polartec)
- 1 heavy-weight top: wool jacket or synthetic equivalent (fleece or pile jacket)
- 1-2 pair shorts (one should be made of a synthetic fiber that dries quickly such as nylon or polyester)
- 1-2 T-shirts (One can be a tank top. Light colors are suggested. Cotton is fine for this layer.)
- 1 wide-brimmed hat for sun, rain, and high fashion. The Seattle Sombrero works well.
- 1 pair wool, Capilene, or Polartec gloves and one warm wool or fleece hat
- 1 rain parka and rain pants: preferably a **waterproof**/breathable fabric like Gore-tex.
- underwear
- swimsuit (for the hot tub!)

ESSENTIALS

- 1 one-quart water bottle (wide-mouth)
- sunscreen and lip block with SPF of at least 15
- daypack/ fanny pack (lined with a plastic bag)
- bandanna
- Sunglasses (100% UV blocking)

BICYCLE GEAR (this is included in the rental from the Elk River Inn)

- Mountain or hybrid bike – bike needs to have fat tires; thin tires aren't appropriate for the trail
- Helmet (required)
- Cycling gloves (optional)

TOILETRIES

- toothbrush, small toothpaste, hand sanitizer, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia, glasses
- personal "patch kit": bandaids, Compeed or Spenco 2nd skin, moleskin, ibuprofen, personal medications, if any. Individuals allergic to insect stings must bring an anaphylactic kit. Please consult your MD and tell your guide.

OPTIONAL

- deck of playing cards
- compact binoculars
- camera and film
- book or small musical instrument
- fishing gear, fillet knife, and a license
- favorite snack

HOW TO PACK: Daypack or Dry Bag: Line your daypack or dry bag with a plastic bag. Keep everything in here that you may want to use during the day; raingear (no matter what the weather looks like), sunglasses, sunscreen, jacket, water, snack.