

HARPERS FERRY HOLIDAY

Adventures in Good Company's suggested packing list

We recommend bringing wool or synthetic clothing for warmth, as these will retain your body heat, even when wet. Please see the additional suggestions on the back of this sheet.

FOOTWEAR

- 1 pair lightweight shoes/ boots/ sandals that are okay to get wet
- 1 pair comfortable athletic shoes/ lightweight boots for bicycling and hiking
- 2-3 pair socks: wool or synthetic equivalent (Thermax, Ultrex, or Smartwool).

CLOTHING

- 1 pair comfortable, lightweight pants (light wool, Supplex, or nylon/ polyester/ spandex blend). **Please, no jeans for active wear.**
- 1 long-sleeved, lightweight shirt for protection from sun
- 1 pair lightweight long underwear top and bottoms: silk, wool 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 jacket – fleece or synthetic
- 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. At least one should be made of a synthetic material.)
- 1 wide-brimmed hat for sun, rain, and high fashion.
- 1 pair wool, Capilene, or Polartec gloves and one warm wool or fleece hat
- 1 rain parka and rain pants: coated nylon or a **waterproof**/breathable fabric like Gore-tex.
- underwear/sleepwear
- clothes for wearing around the hostel (jeans ok for this)

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) w/ retention strap

BICYCLE GEAR (the bike, helmet and basket can be rented)

- Mountain or hybrid bike is preferred
- Cycling gloves (optional, but recommended)
- Handle bar bag or rear luggage bag to hold rain gear, water, sunscreen, snack, etc.
- 2 small bungee cords – to hold rental basket tightly to bicycle
- Helmet (required)
- Padded bike shorts (recommended)

TOILETRIES

- toothbrush, small toothpaste, hand sanitizer, sanitary supplies and a zip-lock plastic bag, contact lens paraphernalia, glasses
- personal "patch kit": bandaids, 1 safety pin, Compeed (blister bandaids), moleskin, first aid tape, ibuprofen, personal medications, if any. Individuals allergic to insect stings must bring an anaphylactic kit. Please consult your physician and tell your guide.

OPTIONAL

- deck of playing cards
- favorite snack
- trekking/hiking poles
- compact binoculars
- slippers (for the hostel)
- small flashlight/headlamp to read in bed
- camera and film
- extra batteries

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.