



Packing List – Greenbrier River Trail Bikepacking Camp

Our packing list is designed to account for all weather conditions. You may not need everything on your trip but due to the variable and unpredictable nature of weather systems in the mountains we ask that you include everything on the packing list regardless of the forecast.

Choose clothing based on the idea that synthetics and wools will keep you warm even when wet, while cotton tends to hold moisture and dirt. Cotton jeans, sweat shirts, pants and socks are difficult to dry and rapidly draw body heat away rather than provide insulation. Synthetic/wool and Under Armor-like shirts, pants and pullovers are more functional than cotton for our multi-day camping and outdoor activities.

We highly encourage you to utilize things you already own rather than purchasing new equipment. If you find yourself in need, thrift stores are a fantastic resource for inexpensive clothing. Larger chain stores also feature many inexpensive synthetic clothing options. Please pack everything in a large duffel bag or suitcase.

WHAT HAPPENS IF IT RAINS?

Our goal is to thrive in the rain, not just survive! The trip will continue in rain or shine, because of this it is very important to bring adequate protection from the elements. West Virginia ICL keeps a limited amount of extra warm clothing and rain gear on hand, let us know upon arrival what your gear needs are. In case of an emergency situation, inclement weather protocol will be followed and if necessary the group will be evacuated from the field.

OVERNIGHT CAMPING ITEMS

- 1 or 2 person tent
- Sleeping bag
- Sleeping pad

CLOTHING ITEMS

- 1 set of base layer tops and bottoms *synthetic base layers & shorts preferred*
- 1 short sleeved t-shirt
- 1 long sleeved t-shirt
- 1 long sleeve pullover
- 1 pair shorts
- 1 pair padded bicycling shorts
- 1 pair synthetic pants

- 1 warm fleece sweater or synthetic jacket
- 3 pairs of light wool or synthetic socks
- 1 rain suit (jacket and pants) Rubber/plastic/Gore-Tex is great - *Ponchos are not adequate!*
- 1 warm hat
- 1 pair of camp shoes - *No flip flops please!*
- 1 pair of close-toed shoes - *If camp shoes are open-toed*

GEAR AND TOILETRY

- 1 small school-sized backpack
- (2) 32-oz water bottles *reused bottles are OK. Please pre-fill.*
- 1 plastic cup
- 1 bowl
- 1 spoon
- 1 fork
- 2 heavy-duty garbage bags
- 1 headlamp (preferred) / or flashlight is OK
- 1 set of extra batteries
- toothpaste *travel sized version*
- toothbrush
- sunscreen *and lip balm with SPF if desired*
- 1 roll of toilet paper in a ziplock bag
- 1 bottle of personal hand sanitizer *travel size*
- 1 set of clean clothes including socks
- Personal medications *medications administered under supervision of NICA coaches*

BIKE SPECIFIC GEAR

- bike – *At least 26" wheels, no single speed bikes*
- helmet - *Make sure it fits!*
- gloves
- safety or riding glasses
- bike pump

- spare tube
- riding shoes - *If different from regular shoes*
- tire tool/multi-tool
- water bottle/camelback

OPTIONAL ITEMS

- sun visor/ball hat
- handkerchief
- camera (may get wet, dirty, lost - disposable works great)
- reading book

DO NOT BRING INTO THE FIELD ON THE TRIP

- Snacks/Food
- Cellular Phones
- Electronics
- Money or other valuables

MORE QUESTIONS? Contact Dan Vorisek, Adventure Camp Director: dan@westvirginiamt.org
or Cassie Smith, WVICL League Director: cassie@westvirginiamt.org