

Wilderness Explorer Freshman Seminar



Welcome to the Wilderness Explorer Freshman Seminar program. It's time to start thinking about your trip around the beautiful state of West Virginia! As a Wilderness Explorer you will have the unique opportunity to hike, camp, backpack, rock climb, and paddle around some of our state's most scenic natural wonders. **To ensure your comfort and safety please carefully follow the information included in this packet.**

GEAR PROVIDED BY FAIRMONT STATE UNIVERSITY

Listed below is the gear provided by the Wilderness Explorer Program. **You DO NOT need to purchase any of these items.** However, if you have any of this gear and prefer to bring your own please contact a trip leader to discuss your request. Items provided by FSU include:

Backpack (5,000 cubic inch)
Sleeping Bag (40 degree rating, synthetic)
Sleeping Pad
Tent
Stove

PARTICIPANT PERSONAL GEAR LIST

This gear checklist was created by experienced outdoor professionals for your comfort and safety. **ALL ITEMS ARE REQUIRED** unless otherwise noted. When planning, please keep in mind:

- Participants are required to purchase **ONE** 18 gallon Rubber Maid container which needs to store **ALL** your personal items. Packing is very tight for this trip. Any items that do not fit in this container or daypack will be left behind.
- Each person is also permitted one small book bag or day pack to carry smaller items such as your journal, textbook, sunglasses, toiletries, camera etc. This will be kept with you in the van.
- Many of the items listed can be purchased at Wal-Mart, K-Mart, Dick's or any specialized outdoor outfitter store.
- Please **DECORATE YOUR RUBBER MAID** so it can be easily identified! This decoration process is also part of a class assignment, be sure to follow all directions.

SELECTING CLOTHING AND FOOTWEAR FOR YOUR TRIP

FABRIC BASICS:

- Cotton - Effective in keeping you cool in hot weather. However, in the back country this can work against you. Moisture from rain, dew, or excess sweat will make a cotton garment wet and stay wet for long periods of time which can run the risk of hypothermia or blisters. Cotton is **NOT** a fabric recommended for backcountry activities or for your feet!
- Fleece - Quick drying. Loved in the outdoor industry for its ability to keep you warm even when you are wet. Great layering piece.
- Wool - A natural fabric. Provides warmth, but dries almost as slow as cotton.
- Synthetic – Generally refers to nylon and other non-cotton fabrics such as polypropylene and polyester. Excellent drying capabilities.
- Lycra/Spandex – These are synthetic fibers, but may absorb and hold water like cotton.

FOOTWEAR

What you wear on your feet can make or break your outdoor experience! Wet feet, improperly fitted shoes, or inappropriate footwear can result in sprained or broken ankles and/or severe blisters. **It is important that you choose your footwear wisely and provide adequate break-in time!** To break in your footwear begin with short walks and gradually increase the time you wear them. This allows the boots to adjust to your feet (and visa versa). Keep in mind that *unhappy feet make for an unhappy hiker!*

_____ **1 pair lightweight hiking boots**

The backpacking trail is very rocky and usually wet. Please make sure your boots extend above the ankle, have lug soles, and are waterproof (Goretex or treated at home with a waterproofing product like NikWax.)

_____ **1 pair waterproof sport sandals**

For use around campsite and water activities. Sandals **MUST** secure around feet.

_____ (optional) 1 pair of flip flops for public showers only

_____ **1 pair tennis shoes with good traction.**

_____ **2 pair lightweight polypropylene liner socks**

Liner socks, when worn as a first layer, minimize blisters by rubbing against the outer sock instead of your feet! When buying liner socks **DO NOT BUY** cotton! Remember, cotton is designed to hold in moisture and is likely to create blisters!

_____ **2 pair medium-weight hiking socks (Synthetic or wool. NO COTTON)**

CLOTHING

When packing personal clothing items, please keep in mind that daytime temperatures can be very extreme (60's-90's) with nighttime temperatures in the mountains possibly dipping into the 40's! Most experienced outdoor people know the importance of packing for ALL possible weather scenarios. A variety of layers, made of the appropriate fabrics will provide you with an opportunity to adjust your clothing to suit your activity. Please use the clothing list below (rather than the weather forecast or current temperatures) as your guide. If you have never spent a week in the woods this clothing list may seem short. Remember that you are packing for **comfort and safety**, not fashion. Clothing is usually worn more than once on an outdoor trip.

Headwear

- _____ **1 brimmed hat or ball cap** (for sun/rain protection)
- _____ **1 wool or synthetic hat** (for warmth at night)

Base layer

- _____ **undergarments** (as needed)
- _____ **1 pair lightweight polypropylene long underwear bottoms** (optional)
- _____ **1 lightweight polypropylene long underwear top (recommended)**

Top Layers

- _____ **1 pair long pants**
Loose fitting and comfortable to hike in. Synthetic is recommended, but not required. NO blue jeans or cotton sweat pants (They will stay wet for days!)
- _____ **1-2 pair loose-fitting shorts** (at least one synthetic or swim trunk)
- _____ **2-3 short sleeved t-shirts** (at least one synthetic)
- _____ **1 long-sleeve t-shirt**

Warm Layer

- _____ **1 synthetic fleece jacket or pullover, heavy synthetic or wool shirt or sweater**
(No cotton sweatshirts or hoodies)

Outerwear

- _____ **1 rain jacket or poncho**
Heavy rubberized jackets do not breathe and can result in your getting "wet" underneath your outer jacket. Coated nylon or Gortex are recommended.
- _____ **1 pair rain pants** (recommended but not required)

Swimwear

- _____ **1 bathing suit** for whitewater rafting (no string bikini's)

PERSONAL CARE ITEMS

(Please bring the essentials only. It is highly recommended you buy travel size items.)

- _____ toothbrush
- _____ toothpaste
- _____ sunscreen 30spf or greater
- _____ comb/brush
- _____ chap stick
- _____ insect repellent (no aerosols please)
- _____ shampoo
- _____ soap
- _____ deodorant (No perfume or cologne)
- _____ Shower sandals (flip flops)
- _____ **Medications** Please notify the staff of any conditions that would be important for us to be aware of and that we might need to respond to. If you have any allergies that require medication (for example, bees, wasps, etc) please bring your medication with you and inform the program coordinator when you arrive.

GENERAL ITEMS

- _____ 1, 18 gallon Rubbermaid container. **NO LARGER!**
- _____ 1 small book bag or day pack
- _____ Pen and pencil for journaling (bring a back-up for each)
- _____ 3-5 heavy-duty garbage bags (one for sleeping bag, one inside backpack, one for rain cover, one for dirty/wet laundry)
- _____ bed pillow (small camping pillow recommended for the backcountry)
- _____ 2, 1-quart water bottles or canteens (Leak Proof)
- _____ 1 unbreakable Thermal cup with handle
- _____ 1 unbreakable bowl or plate (Tupperware with a lid works well)
- _____ 1 spoon & 1 fork (or spork)
- _____ 2 bandanas
- _____ 1 small synthetic camp towel (do not bring a cotton towel; it will never dry)
- _____ **1 headlamp with NEW batteries (recommend LED)**
- _____ money (minimum of \$5.00 required to tip rafting guide.)
- _____ extra pair of eyeglasses (contact lens) Note: if you wear contacts it is recommended that you bring glasses. Contacts are very difficult to clean (or find if lost) in the field.

RECOMMENDED BUT NOT REQUIRED

- _____ 1 pair sunglasses or clip-ons
- _____ camera & film
- _____ eyeglass safety strap (for whitewater rafting)
- _____ liner or lightweight gloves (for cold evenings)

Please contact Matt Schmuck (mschmuck1@fairmontstate.edu) or Carol Tannous (ctannous@fairmontstate.edu) if you have any questions!