

Highland Summer Camps PACKING LISTS – Peak Camp off-site trips

Campers who are participating in off-site adventures as part of their Highland experience may need to bring some additional items. For day trips, please bring these items in a small backpack or day pack that will be easy to grab when it's time to head out on your adventure.

Peak Camp, Mountain Adventure interest group

Rock climbing, paddling, and caving with WILD GUYde Adventures:

For all activities, especially rock climbing and paddling:

- WILD GUYde Medical Form/Participant Agreement
- Sunblock, bug repellent
- Something for rain (poncho, rain jacket)
- Something for warmth (fleece, sweatshirt, light jacket)

For rock climbing:

- Hiking footwear (hiking boots, sneaker, or running shoes)
- Climbing gear (harness, climbing shoes) if you have your own
- Dry T-shirt for the return trip
- WILD GUYde will supply climbing ropes, harnesses, helmets, and climbing shoes

For paddling:

- Swimsuit or shorts and t-shirt, small towel
- Hat with all-around brim
- Sunglasses with a holder strap (optional)
- River shoes (old sneakers, aqua shoes, or sandals with a heel strap)
- Waterproof drybag or float bag if you have your own
- WILD GUYde will supply Personal Flotation Devices (life vests), canoes, paddles, gear buckets or drybags, and safety equipment

For caving:

- Boots (hiking style or work boots) or sneakers that can get muddy
- A sturdy outer clothing layer that can get muddy (blue jeans, work pants or old sweat pants, a long sleeve shirt layer or old hoodie). *Caves in VA and WV are a pretty constant 52° year-round.* Coveralls are great if you have them, but do NOT bring a disposable painting suit. Wear another layer underneath this so

the muddy stuff can simply be peeled off after exiting the cave without any modesty issues.

- A large plastic trash bag (kitchen or yard size) for muddy clothing afterwards.
- A headlamp, or several new AAA batteries
- A small flashlight
- Change of footwear for the return trip
- Whistle on a lanyard
- Knee pads and gloves (optional)
- WILD GUYde will supply caving helmets, cave packs, and safety equipment

Peak Camp, Horseback Riding interest group

Horse care and trail riding with Hidden Trails Stable:

- Hidden Trails Stable Liability Form
- Sunscreen
- Water bottle
- Closed toe shoes – or riding boots if you have them
- Jeans or long pants
- Weather-appropriate layers (ex. a rain jacket for a damp day, a sweatshirt for a cool day, etc.)
- Change of footwear for the return trip (optional)
- Riding helmet if you have your own
- Hidden Trails Stable will provide helmets and riding equipment