Science Adventure School Packing List

Tents, sleeping pads, and cots will be **provided to you** for your use during the duration of the camp.

SAS has a limited amount of equipment (such as sleeping bags) which can be borrowed. If you are unable to send an item for your student, please let us know as soon as possible, so that we can do our best to accommodate your student.

The below equipment is equipment that **you will be expected to bring** with you to camp. **Cotton clothing should be kept to an absolute minimum,** because it will not keep students warm when wet.

**Feet:**

* + 2 Pairs sturdy close toed shoes (boots or running shoes)
  + 4 – 5 Pairs of socks (non-cotton if possible)

**Head:**

* + 1 Warm Hat
  + 1 Sun Hat/Brimmed Hat (optional)

**Upper Body:** (Items should be synthetic/non-cotton where possible)

* + 4-5 synthetic T-shirts
  + 2-3 Long sleeve synthetic shirts
  + 1 Warm Insulating layer (e.g. Fleece)
  + Extra warm layers as needed **(It will be colder than you think!)**
  + Gloves (optional)

**Lower Body:** (Items should be synthetic/non-cotton where possible)

* + Undergarments as needed
  + 2-3 Pairs athletic shorts
  + 1 pair long underwear (tights/spandex/fleece pants)
  + 1-2 Pair Pants (no Jeans)

**Rain Gear:**

* + 1 Waterproof rain jacket or poncho
  + 1 Pair Waterproof rain pants (optional)

\*\*If there are items missing from your list, consider borrowing gear or buying used. Thrift stores often have plenty of non-cotton clothing! If you cannot find the appropriate clothing or have additional questions, please email [SAS@mail.wvu.edu](mailto:SAS@mail.wvu.edu) or call 304-293-7190.

**Hygiene:** (Bring travel size when possible)

* + Toothbrush and Toothpaste
  + Lip Balm
  + Sunscreen and Bug Spray
  + Shower Supplies
  + Other Toiletries (deodorant etc…)
  + Small Towel
  + Required Medications
  + Glasses/Contact with a back-up (As Needed)

**Other:**

* + Warm sleeping bag
  + Duffel bag or Rubbermaid Bin (To pack everything in)
  + Daypack
  + 1-2 Water Bottles (1 liter or larger)
  + Headlamp or flash light (with fresh batteries)
  + Journal/Notebook with pens/pencils
  + Sunglasses (optional)
  + Bandannas (optional)
  + Crazy Creek/Camp Chair (optional)
  + Travel Pillow (optional)
  + Dirty clothes bag (a trash bag or grocery bag will work)