

STUDENT PACKING LIST

PROVIDED ITEMS	
X	Tent
X	Cot

SLEEPING	
	Sleeping pad
	Sleeping bag (or sheets)
	Blanket
	Pillow

DAILY ESSENTIALS	
	Daypack or Small Backpack
	Flashlight or headlamp
	Small notebook
	Pens/pencils
	Sunscreen
	Sunglasses
	Water bottle

HYGIENE	
	Toothbrush & toothpaste
	Deodorant
	Shower supplies
	Towel

CLOTHING	
	2 pairs closed toe shoes
	Water shoes (old sneakers)
	Undergarments
	4-5 pairs socks
	3-4 T-shirts
	1-2 long sleeve shirts
	2-3 pairs shorts
	1-2 pairs pants
	Insulating layer
	Warm Jacket
	Warm Hat
	Warm Gloves
	Rain jacket / poncho
	Pajamas

PERSONAL ITEMS	
	Required medications
	Glasses or contacts
	Inhaler / Epi-pen / etc.

OTHER	
	Bin/Bag to pack everything
	Bag for dirty clothes

Living Accommodations

All students will be provided with a 10'x12' canvas tent and a cot. Tents will be shared between four students of the same gender. Nearby bathhouses include toilets, sinks, mirrors, and individual shower stalls.

Borrowed Equipment

No student should be prevented from participating in SAS due to a lack of equipment. We have a limited amount of equipment available for student use during the week, and additional arrangements can be made by contacting SAS@mail.wvu.edu or (304) 293-7190 prior to student arrival.

Weather

The Summit is in central West Virginia and is subject to frequent thunderstorms and rapid temperature changes. Rain gear, warm insulating layers, and warm sleeping gear is essential for comfort. During our season, temperatures could swing from 40°F to over 90°F. Layered synthetic clothing is ideal for adapting to rapid temperature changes.

Valuables

Things can easily get lost or damaged in the outdoors. We highly recommend packing older clothing and discourage bringing any valuable items. We also discourage sending small sentimental items such as jewelry, collectables, or other items that are important to your student that could be easily lost.

Electronics

Please do not bring any handheld games, tablets, or cameras to camp. We encourage you to have students leave phones at home. Students will only be able to use their phones during one designated phone time. The security of any electronic device cannot be guaranteed. Each group will have a digital camera for photographs during the week.

Other

For details, please see the family handbook, but please don't forget to leave behind all snacks, label your belongings, and bring your excitement and sense of adventure!