STUDENT PACKING LIST

PROVIDED ITEMS			
Х	Tent		
Х	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	

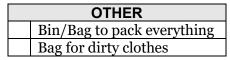
CLOTHING		
2 pairs closed toe shoes		
Water shoes (old sneakers)		
Undergarments		
4-5 pairs socks		
3-4 T-shirts		
1-2 long sleeve shirts		
2-3 pairs shorts		
1-2 pairs pants		
Insulating layer		
Warm Jacket		
Warm Hat		
Warm Gloves		
Rain jacket / poncho		
Pajamas		

PERSONA	L ITEMS

Required medications

Glasses or contacts

Inhaler / Epi-pen / etc.



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 <u>SAS@mail.wvu.edu</u> 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!