

UMW SOAR

Packing List

The following items will assist you in staying comfortable at Eagle Lake Outpost. Please note: alcohol and illegal drugs are not allowed on the trip. We suggest that cell phone battery is reserved for emergencies because there will be no opportunity to charge it. If you have questions, email campusrec@umw.edu.

<i>Clothing and Footwear</i>			
Equipment	Quantity	Comments	Checklist
T-shirts	2-3	A lightweight cotton, synthetic, or wool t-shirt	
Long Sleeve t-shirt	1	Mid-weight long cotton, synthetic, or wool shirt	
Light Jacket	1	Fleece jacket, or sweater	
Rain Jacket	1	It might rain, you will be outside	
Undergarments	2-4	Wear what is comfortable, but synthetic is suggested.	
Pants or Shorts	2-3	Nylon athletic shorts, synthetic yoga pants or tights, river shorts are suggested.	
Bathing Suit	1	Active bathing suit for tubing	
Active Shoes	1	For various outdoor activities.	
Water Shoes	1	Water shoes or old sneakers for tubing on the river. Flip-flops are NOT allowed.	
Socks	2-3	Crew length socks are suggested.	

<i>Sleeping</i>				
Equipment	Quantity	Borrow from UMW for Free!	Comments	Checklist
Sleeping Bag	1	Yes		
Sleeping Pad	1	Yes	Foam Sleeping Pads are provided, but self-inflating sleeping pads can be used.	
Pillow	1	No		

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<i>Miscellaneous Items</i>			
Equipment	Quantity	Comments	Checklist
Hat	1	To protect ears and face from the sun	
Water Bottle	1	The larger the better	
Lip Balm	1	SPF 15 or greater	
Sunscreen	1	SPF 30 or greater	
Bug Spray	1		
Toiletries	1	Travel size toothbrush, toothpaste, brush, medications, lotion, etc.	
Non-Perishable Snacks	2-3	Meals and small snacks will be provided. You are encouraged to bring your own if there is something you want.	
Portable Cellphone Charger	1	External Battery for a cellphone since there will be no opportunity to charge.	
Sunglasses	1		
Book, notebook, pens	1	If you would like to read, journal, or draw.	
Towel	1	For drying off after the river	