

Base Camp Expeditions Packing List

This includes Rock Climbing, Mountain Biking, and Hiking at GRP

WELCOME to Green River Preserve Expeditions! We look forward to having you with us this summer in the Blue Ridge Mountains of Western North Carolina.

One of the most fun aspects of a Green River Preserve Expedition is assembling your gear and clothing. This list will help you decide what to bring with you on your Expedition. We recommend using any of these items you might already own or borrowing from a family member. Some of the bigger items like a backpack and sleeping pad can be rented from GRP for a small fee. Others you will have to purchase. Your local outdoor shop or REI are great places to start. We also have found success with sale items on the following websites: Sierra Trading Post, Campmor, and The Clymb. If you have any questions, please do not hesitate to call or email.

Upper Body Clothing			
<p>We layer our clothing, combining different garments to achieve optimum insulation and protection from wind and rain. The upper garments listed here are either synthetic or wool, which insulate when wet, or nylon or GoreTex® which help prevent heat loss by cutting wind, rain. You will need 3-4 insulating layers, plus a wind and a rain layer. All must fit comfortably over one another so they may be worn simultaneously. With the exception of your t-shirt, cotton and cotton blends are unacceptable as cotton offers poor insulation when wet.</p>			
Equipment	Quantity	Comments	Check List
Base Layer (Long Underwear Top)	1	Mid-weight underwear top made of wool, polypropylene, or Capilene®. Zip turtleneck styles are a good choice for comfort and the Thermo regulation.	
Long sleeve shirts	2	One may be cotton (camp clothes) the other a synthetic quick drying material. The optional bug shirt below can count as one of these.	
Fleece Jacket or pullover	1	Mid-weight to heavyweight fleece that fits comfortably over your other insulating layers and under your outer shell.	
Fleece Vest (Optional)	1	A polyester fleece vest of Polartec® 200 or a synthetic filled vest. This is an additional layer if you tend to be cold. It should not be substituted for any of your 3 insulating layers.	
Bug/Sun shirt (Optional)	1	A lightweight, breathable, durable nylon, combined with mesh fabric. A GRP fishing shirt works well.	
Rain Parka	1	Sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable. Consider the balance between a lightweight jacket, that still seems durable, to withstand abrasion. "3-ply" fabric is suggested.	

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Upper Body Clothing (Continued)

Short Sleeve Shirt	3	A cotton or lightweight polyester/Capilene T-shirt. A combination of 2 cotton t-shirts and 1 capilene is highly suggested. Capilene will be perfect for hiking and cotton will be nice for "in camp" time.	
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Lower Body Clothing

Equipment	Quantity	Comments	Check List
Base Layer (Long Underwear Bottoms)	1	Mid-weight long underwear made of wool, polypropylene, or Capilene®.	
Long Pants	1	Pair of flannel pajamas or cotton/cozy pants for in camp	
Rain Pants	1	Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable.	
Shorts	2-3	Light hiking shorts. Pockets are nice to have. 2 pairs should be quick dry material (i.e. nylon), 1 optional cotton (for "in camp" time).	

Miscellaneous Clothing

Equipment	Quantity	Comments	Check List
Swim Suit	1	Ladies, we recommend a one piece or tankini. Life vests can chafe bare skin.	
Underwear	4-5	Synthetic material is best.	
Winter hat/beanie	1	Yes- it can get cold in the Blue Ridge Mountains any month of the year and you will be happy you have it!	
Rain Hat (Optional)	1	It can rain a lot and some find they prefer a rain hat to a hood	

Footwear

Equipment	Quantity	Comments	Check List
Hiking Boots (Good condition and broken in)	1 pair- for all expeditions this is your main traveling shoe	A quality pair will last a long time and is worth the investment. You will wear these for the majority of your trip and will want to be comfortable. Consider a boot that will	

		support your ankles and feet as well as a loaded pack and will handle crossing rivers, rough terrain, and more. If you are questioning if your boots will last, you should probably get a new pair. It is very sad to have the backpacking portion of an expedition affected by a pair of hiking boots falling apart.	
1 pair of camp shoes	1 pair	These can be old and not in top condition, but think safety, the sole should not be falling off. Tennis shoes or running shoes, chacos or tevas.	
Sandals/water shoes	1 pair	Chaco, Keen and Tevas without Velcro are great. Velcro is not reliable when wet. These are great for paddling days. Shoes are required in boats.	
Socks	4	3 synthetic pairs of hiking socks and 1 pair of cotton socks	
Sock Liner (Optional)	2	Thin synthetic socks to be worn under hiking socks. This is recommended for those prone to blisters.	
Gaiters (Optional for Circumnavigate Expedition)	1 pair	Gaiters provided good leg protection while bushwacking and help avoid grit getting into your boots (thus help ward off blisters). Outdoor Research makes gaiters.	

Sleeping Gear			
Equipment	Quantity	Comments	Check List
Sleeping bag	1	Rated to 40 degrees or lower. Due to our wet/humid environment we recommend synthetic filled bags over down or feather bags.	
Sleeping pad	1	Inflatable pads are more comfortable but are prone to puncture. If bringing an inflatable sleeping pad a repair kit should also be brought. (Example: Therma-rest) You may also rent one from GRP for \$10.	
Sleeping bag stuff sack	1	This can be the bag your sleeping bag comes in or a compression stuff sack makes your sleeping smaller to pack (example: OR Ultralight Compression Sack) A no-compression stuff sack is fine too and weighs less (example: Granite Gear Air Compressor Stuff Sack).	

Packs & Bags			
Equipment	Quantity	Comments	Check List
Backpack (Circumnavigate GRP only)	1	At least 4,000 cubic inches. Internal or external frame is fine. You can rent an External frame pack from GRP for \$25.	
Day pack	1	A book bag sized backpack for day hikes smaller excursions.	
Duffle Bag	1	For Rock and Read and Mountain Biking you can live out of a duffel. A backpack will work as well too if you already have this equipment.	
Small Stuff Sacks Or Zip lock bags	2-3	Used to organize items in your pack & duffel. (example: Outdoor Research Ultralight Stuff Sack).	

Miscellaneous Items			
Equipment	Quantity	Comments	Check List
Sun Screen	1	Small pocket size tube. Unscented	
Towel	1	Either quick dry or cotton (for swimming and showering).	
Bug Spray	1	Non-Aerosol non-Deet. Bug Off is a example.	
Pocket knife	1	2.5 to 3.5 inch, non-serrated, Locking Blade NO Swiss Army Knives	
Headlamp WITH new batteries and an extra set	1	A flashlight is OK in addition to this but headlamp is necessary.	
Mess Kit	1	A cup, bowl, and spoon	
Water bottle	2	32 ounce bottles. Nalgene, Kleen Canteen, and Camelback are some brands. A bladder can serve as one of these bottles, but not both.	
Plastic whistle	1	This is a safety measure we take and we encourage all participants going in the backcountry to have a whistle.	
Bandana	2	These are found to serve many purposes	
Camera (Optional)	1		
Journal, and reading book (Optional)	1	You will have down time each day, and Expeditioners are often thankful they have one or both of these items.	
Camp Chair (Optional)	1	Folks are glad when they have these. They can be purchased at the camp store Crazy Creek is one brand.	

Toilet Articles		Toothbrush, toothpaste, comb/brush, moisturizer, prescription meds, tampons. Sample sizes of 2 oz are preferable. No deodorant or excessive items.	
Masks	2-3	Cotton, reusable masks. We will also provide your expeditioner with 2 buffs.	

Mountain Bike Specific Items			
Equipment	Quantity	Comments	Check List
Camelback	1	Or other similar small daypack with waist belt and chest strap that can hold a water bladder.	
Bike Water Bottle	1		
Padded bike shorts	2		

Rock & Read Specific Items			
Equipment	Quantity	Comments	Check List
Climbing shoes (optional)	1	If you have a favorite pair, please bring them.	
Books	2-3	Bring your favorite book(s) to read and share with your friends.	