

Blue Ridge Expedition Packing List

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. Please remember to stick to the packing list and avoid unnecessary items as we will be traveling fully loaded in a 15-passenger van and with a truck to haul gear.

Having the correct clothing and gear is vital to the success (and morale) of your Expeditioner. It is also important to make sure you have packed enough. Laundry services are not available while on our expeditions, so ensuring a clean set of clothes is included for closing day/ pick-up may benefit guardians as much as Expeditioners! We understand that these requirements come with a significant price tag in some cases. We recommend using any of these items you might already own or borrowing from a family member to reduce the need to purchase. For items you need to purchase, your local outdoor shop is a great place to start! REI can be a good option as they have a helpful staff, nice return policy, and the option for a membership which pays dividends on most purchased items. Walmart has a growing inventory of acceptable gear, such as water bottles, headlamps, etc.

Ordering from online retailers can also help to keep the cost down. [Sierra Trading Post](#), [Backcountry](#), and [The Clymb](#) are common sources that have discounts and sales regularly. [Ebay](#) can be helpful when you have settled on a particular item and want to look for cheaper or used sources.

****BACKPACKS CAN BE RENTED FOR \$25 and SLEEPING PADS FOR \$10
IF RESERVED IN ADVANCE. Please email jace@greenriverpreserve.org for reservations
or any and all questions. Happy packing!**

Upper Body Clothing

We layer our clothing, combining different garments to achieve optimum insulation and protection from sun, wind and rain. Even during the summer months, the mountainous terrain we travel through can result in rather cold temperatures. 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 and can take a long time to dry. Quick-dry materials are preferred. This includes thin-fibred Merino wool, polyester, or nylon. The technical specs can get overwhelming. When in doubt, “cotton is rotten!”

Equipment	Quantity	Comments	Check List
Base Layer Top (Long Underwear Top)	1	Here is a useful guide for considering Base Layer materials. Synthetics are recommended	
Long sleeve shirts	2	One may be cotton 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.	
Rain Jacket	1	Make sure your jacket has a hood. “Frogg Toggs” are waterproof but less breathable. Fabrics such as Gore-Tex® offer more breathability.	
Short Sleeve Shirt	5	Non-cotton materials are great for the backpacking portion of the expedition. Cotton shirts are acceptable for the other days.	
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.	

Lower Body Clothing			
Equipment	Quantity	Comments	Check List
Base Layer Bottoms (Long Underwear Bottoms)	1	Synthetic materials are recommended.	
Long Pants	2	One of which is nylon or a quick drying synthetic material. These are recommended for protection from bugs and thorns.	
Rain Pants	1	Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable.	
Shorts	5	Light hiking shorts. Pockets are nice to have. 2 pairs, quick dry material ideal (i.e. nylon).	

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	8-10	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
Socks	8	5 synthetic pairs of hiking socks and 3 pairs of cotton socks	
Hiking Boots (Good condition and broken in)	1 pair	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. A stiff sole and ankle support are strongly encouraged. New boots may require several weeks of regular wear to be properly broken in. This will help prevent blisters. It is important hiking boots be broken in, but sturdy enough to last the entire trip.	
Tennis shoes or running shoes	1 pair	These can be old and not in top condition, but think safety, the sole should not be falling off.	
water shoes	1 pair	Water shoes must be secure to the foot with a strap behind the heel and closed toes. The idea with a water shoe is to protect the toes and feet while in rivers and streams. Think about rogue fishing hooks and sharp rocks. Crocs and flip-flops are not acceptable water shoes	
Sandals/Camp shoes (optional)	1 pair	Acceptable water shoes can be used as a camp shoe. The idea with camp shoes is to have something comfortable and breathable to change into after a long day of hiking.	
Sock Liner (Optional)	2	Thin synthetic socks to be worn under hiking socks. This is recommended for those prone to blisters.	
Gaiters (Optional)	1 pair	Gaiters provide good leg protection while bushwacking and help avoid grit getting into your boots (thus help ward off blisters).	

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 rather than down (feather). These should be able to fit inside of a stuff sack for placement inside the backpack with plenty of room to spare.	
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. (We have found success with bicycle tube patch kits as a cheap repair kit) You may also rent one from GRP for \$10 (non-inflatable)	
Sleeping bag stuff sack	1	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).	
Ground Sheet (Optional)	1	Ground sheets offer added protection from groundwater and runoff. An affordable ground sheet is a shower liner.	

Packs & Bags			
Equipment	Quantity	Comments	Check List
Backpack	1	At least 4,000 cubic inches (65 Liter). Internal or external frame is fine. You can rent an Internal frame pack from GRP for \$25.	
Day pack	1	A book bag sized backpack for daily items taken on smaller excursions, like rain gear, waterbottles, and notebooks.	
Small Stuff Sacks Or Zip lock bags	Several	Used to organize items in your duffle bag and dry bags. Stuff sacks are generally NOT waterproof on their own. Combining with ziploc style bags is helpful (example: Outdoor Research Ultralight Stuff Sack)	
Waterproof Bag Liners	2-3	Contractor bags or trash compactor bags are ideal. Sturdy trash bags work well. These are used to line the backpack to keep everything dry on our backpacking trips.	

Miscellaneous Items			
Equipment	Quantity	Comments	Check List
Sun Screen	1	Small pocket size tube. Unscented	
Towel	2	One should be a quick dry pack towel.	
Bug Spray	1	If DEET, please do not exceed 30% DEET.	
Pocket knife	1	2.5 to 3.5 inch, non-serrated, Locking Blade NO Swiss Army Knives, as blades often do not lock. Keep it simple!	
Headlamp WITH new batteries and an extra set	1	Please pack a backup set of batteries. Flashlights are welcome, but not as a replacement for headlamps. Evening activities may require the need for a light source while having both hands free.	
Mess Kit	1	A cup, bowl, and spoon	
Water bottle	2 -3	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	
Toilet Articles		Toothbrush, toothpaste , comb/brush, moisturizer, prescription meds, tampons. Sample sizes of 2 oz are preferable. Please note items like hair products and makeup did not make the list! Antiperspirants and deodorants are discouraged.	
Masks	2-3	Cotton, reusable masks. We will also provide your expeditioner with 2 buffs.	
COVID Rapid Test	2	To be used if your camper is symptomatic	
Hand Sanitizer	1		
Camera (Optional)	1	Disposable cameras are fun and do not require charging.	
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.	