

Clothing List for Appalachian Adventure

Although the weather during the summer is often sunny and warm, it is also sometimes rainy, snowy, cold and windy. This clothing list is designed to function as a layered system. Since all the items may be worn alone in warmer conditions or together to create a comfortable outfit for colder conditions, it is imperative that you bring everything on the list unless it is marked optional.

Wool is the traditional outdoors miracle fabric. Unlike cotton, wool does not lose its loft when it becomes wet, resulting in a much warmer garment for inclement weather conditions. Cotton, such as jeans, sweat pants, sweat shirts, and flannel shirts are not as useful for our purposes, as they become quickly saturated and lose their insulating ability. The modern equivalent to wool is any synthetic fleece or fiber pile fabric. Anywhere you read wool in the following list a synthetic alternative is acceptable.

Please bring the following items for camping:

- _____ 1 set polypropylene (or similar material) long underwear tops and bottoms.
- _____ 2 pair light socks for the cave day
- _____ 1 pair light nylon shorts
- _____ 1 pair of comfortable pants for walking
- _____ 1 wool sweater or jacket
- _____ 1 warm wool hat
- _____ 1 rain suit – jacket and pants. Heavy-duty rubber/plastic is great, Gore-Tex is OK too, but not necessary.
- _____ 1 pair comfortable shoes for hiking
- _____ 1 flashlight with extra batteries – to be used nightly as well as in the cave
- _____ 1 small backpack (book bag)
- _____ 1 journal or sketch pad with a pen and/or pencil
- _____ 1 water bottle

Please bring the following additional items for caving. Since caves are wet and muddy places,

with an average temperature of 54 degrees, having the right clothes can really make a difference in your level of enjoyment.

_____ 1 set polypropylene long underwear – tops and bottoms

_____ 1 pair wool socks

_____ 1 wool sweater

_____ 1 outer layer to get muddy – jackets and pants

_____ 1 pair old sneakers

SUGGESTED OPTIONAL GEAR

_____ camera

_____ binoculars