



French Broad Escapades Added Adventure Packing List 2022

PURPOSE

Packing for your Added Adventure should be done with care to ensure you have all of the necessary clothing and equipment for a safe and fun trip. Each item on this list has been carefully selected and is required.

**You will find most of these items are already on the Camp packing list; we are emphasizing their importance here. There is no need to bring duplicates or pack separately. **

CLOTHING CONSIDERATIONS

On your Added Adventure, you will layer clothing for warmth and protection from the elements. You will use synthetic fibers, such as polyester, fleece, and wool, which keep you warm when wet. You should **avoid cotton**, which has poor insulation when wet and dries more slowly.

Layers: Our clothing list is based on the following layering principals, known as the 4 W's.

- Δ **Base Layer: Wicking** – this layer wicks sweat and moisture away from your skin, keeping you from getting too cold. This will be your synthetic top and bottom layers.
- Δ **Light/Mid Weight Layer: Warmth** – This will be your fleece jacket/bottom layers. These layers create a space for warm air to be trapped, keeping you warm.
- Δ **Insulating Layer: More Warmth** – For those of us who get cold easily... same as above. This layer adds to the insulation keeping us warmer. This is an optional layer for this trip!
- Δ **Outer Layer: Weather** – This is the outermost layer and will protect us against wind, rain, and cold. Make sure this layer is breathable and **100% waterproof**.

ENF GEAR LENDING LIBRARY

Thanks to the generosity of Eagle's Nest Camp, Hante, and Outdoor Academy alumni, we have a supply of outdoor clothing and equipment to lend for your trip. If obtaining the items on this list poses a challenge for you, please reach out to Andrew (hante@enf.org). We will work with you confidentially to provide as much as we're able.

SHOPPING

If you have any questions about a piece of clothing or equipment, need help finding the right price, or would like to borrow or buy something from Eagle's Nest, please email Andrew at hante@enf.org. See below for recommended websites that typically have great products and deals.

- www.steepandcheap.com
- www.rei.com or www.reioutlet.com
- www.backcountry.com
- www.sierra.com

Gear	Borrow from ENC	Purchase	#	Description
*Items marked with an "x" under "Borrow" or "Purchase" indicate that the item is available to be borrowed from us or purchased from the canteen.				
Sleeping Gear				
Sleeping bag			1	Synthetic sleeping bag rated 45 degrees Fahrenheit or less. (<i>Recommend: Marmot, Kelty, North Face, REI, Big Agnes.</i>)
Compression Stuff Sack			1	This makes your sleeping bag very small. You will need this to make it fit in your river duffel. It will also help with packing in your duffel.
Ground Pad	x		1	Insulating ground pad (<i>Recommend: Therm-a-rest RidgeRest or Therm-a-rest ProLite</i>)
***Eagle's Nest will provide all participants with a river duffel to pack in. These are magical river bags that keep all of our belongings dry! If you would like to bring your own, we recommend a Seal Line 65 Liter Boundary Dry Pack.				
Additional Equipment				
Water Bottles		x	2	Minimum 2 1-Liter bottles (<i>Recommend: Nalgene</i>).
Headlamp			1	Hands-free light for those adventures in the dark! Please bring extra batteries. (<i>Recommendation: Petzl, Black Diamond</i>). Note: we are unable to recharge headlamps in the field, so please avoid buying the rechargeable variety.
Sun Hat			1	Think river style. <u>Large straw hats</u> highly recommended.
Synthetic Towel			1	A larger, absorbent, and quick drying pack towel is perfect for this trip. Cotton towels cannot be used. (<i>Recommendation: REI or Pack Towel</i>)
Clothing				
Rain Jacket			1	Must be 100% waterproof! (<i>Recommendation: REI Rainier, Marmot Precip or Patagonia Torrentshell</i>)
Shorts			2-3	Synthetic, non-cotton. (<i>Recommendation: REI, Patagonia Baggies, Nike Runners, or similar athletic shorts.</i>)
Synthetic T-Shirts			2-3	Synthetic, non-cotton t-shirts (<i>Recommendation: REI, Patagonia Capilene or similar.</i>) Choose a light color!
Swim Suit			2	Choose a suit that you can be extremely active in.
Warm Pants/Long John Bottoms			1	You'll want something to put on to keep you cozy at night. Think fleece pants or long underwear! (<i>Recommendation: Hot Chillys, Patagonia Capilene</i>)
Fleece Jacket			1	Synthetic, non-cotton. (<i>Recommendation: REI Groundbreaker, Patagonia Synchronia or similar</i>)
Additional Pullover			1	**Optional. If you get cold easily, please bring an additional lightweight pullover. Non-cotton, synthetic fabric please.

Footwear				
River Shoes			1	Shoes that can get wet and stay on your feet. Must have a back strap. <i>(Recommend: Tevas, Chacos, Astral, Keen) No flip flops or Crocs!</i>
Camp Shoes			1	A comfortable shoe you don't mind getting dirty. These must be close toed shoes! <i>(Recommend: Old tennis shoes) No crocs!</i>
Hiking Socks			2	Non-Cotton socks. <i>We will use these at the end of our day or if we need to cover our feet. (Recommend: Smartwool, Darn Tough, REI, or similar. Look for "merino wool".)</i>
Toiletries and Miscellaneous Items				
Toothbrush/ Toothpaste			1	Plus any retainers you may wear!
Glasses, Contacts			-	Please bring any you regularly wear as well as a backup pair.
Sunglasses			1	For that sunshine.
Eyewear Retainers, ie Chums			1	Don't forget the Chums to keep sunglasses or glasses attached to you!
Ankle, Knee, Wrist Braces/Wraps			-	Please bring any you regularly wear.
Personal Kit			1	Including: Insect repellent, waterproof sunscreen (SPF 30+), Chap stick with SPF, Wet Ones Wipes, and menstruation materials.
Sunscreen, a LOT!			1	SPF 30 or stronger.
Insect Repellent			1	Plenty of it.