

TREKKERS SESSION

PACKING LIST

All items are necessary; however, you may choose to reduce the quantity of some items because they may be worn more than once.

“Better to have, and not need, than to need, and not have.” — Franz Kafka

If it is italicized it is a suggestion made by others.

- CLOTHING:**
- (2) Long pants, one lightweight (nylon wind pants work well) – *Use rain pants as one of these or convertible pants that zip off into shorts*
 - (5) Shorts
 - Fleece sweater or other that has moisture wicking ability
 - Set of long underwear, top and bottom (we suggest polypropylene or capilene) – *It may be summer but it can still get cold.*
 - (13) Socks, (we suggest wool socks OR synthetic socks)
 - (13) Underwear
 - (14) T-Shirts – *Now remember they will be out most of the time, so will they really wear them all.*
 - (2) Swimsuits (No bikinis, 1 piece suits are recommended)
 - Raingear, rain jacket and pants
 - For caving long sleeve shirt, pants & gardening gloves (will get muddy) *Get them from Goodwill and throw them away after, no washing.*
 - Hat (baseball cap is good for helping with sun, and a winter hat for backpacking when cold)

- FOOTWEAR:**
- Pair camp shoes (eg. sneakers)
 - Old shoes or water sandals like chacos or keens (**NOT CROCS**) for canoeing, **must** fasten securely (will get wet)
 - For caving a pair of old shoes (will get muddy)
 - Hiking shoes, lightweight or trail shoes

- TOILETRIES:**
- Toothbrush/paste
 - Shampoo and Soap with soap box
 - Deodorant (NO aerosols)
 - Comb/Brush
 - Feminine hygiene supply

- OTHER:**
- Laundry bag
 - Bring a spoon – *If you don't bring one you can get a spork in the store.*
 - Bowl
 - Day pack/small book bag – *If you don't bring one you can get one in the store.*
 - 2 Water Bottles – *If you don't bring one you can get one in the store.*
 - Flashlight or headlamp w/ extra batteries (small) – *If you don't bring one you can get one in the store.*
 - Sunscreen (no aerosol)
 - (2) Towels
 - (2) Bandannas
 - (10) Large Ziploc bags (used to keep clothes dry)
 - (5) Large garbage bags (used to keep clothes and sleeping bag dry)

- OPTIONAL:**
- Bible
 - Camera
 - Sunglasses
 - Pillow
 - Sleeping bag or sheets and blanket for cabin (we will provide sleeping bag for out of camp)

TREKKERS

Sunday

- Arrive at Cheerio Adventures between 2-3pm
- Meet your other group members and Trip Leaders

Monday

- Drive to backpacking location in Abingdon, VA
 - Experience the Great Channels; a 20 acre labyrinth of sandstone
- Camp in designated area

Tuesday

- Backpack in Hidden Valley
 - Following along the Brumley Mountain Trail
- Camp in designated area

Wednesday

- Backpack in Hidden Valley
 - Fish at lake/dam area
- Camp in designated area

Thursday

- Climb in Hidden Valley
 - Multiple climbing routes
- Return to Cheerio Adventures

Friday

- Stand Up Paddle Board on the New River
 - Enjoy fun games while paddle boarding down the river
- Camp at Cheerio Adventures

Saturday

- Kayak on the New River
 - From Cheerio Adventures to Big Tree
 - Experience up to class III rapids and surfing
- Camp at Cheerio Adventures

Sunday

- Bike the New River Trail
 - Enjoy around 25 miles of this beautiful trail along the New River
- Camp at Cheerio Adventures

Monday

- Bike the Virginia Creeper Trail
 - Around 17 mile biking trip
- Camp at Cheerio Adventures

Tuesday

- Canoe on the New River starting at Kings Creek Access
 - Experience class II rapids
- Camp at Alleghany Access

Wednesday

- Canoe back to Cheerio Adventures
- Drive to ACE resort in West Virginia
- Play in ACE lake (inflatables and slide)
- Camp at ACE resort

Thursday

- Raft all day on the New River
 - Experience up to Class V rapids
- Return to Cheerio Adventures

Friday

- Caving at Speedwell
- Mudslide
- Camp at Cheerio Adventures

Saturday

- Participants get picked up between 8:00-9:30 am

*Please note: The actual order and location of activities may vary due to availability of sites, weather conditions and other situations beyond our control.