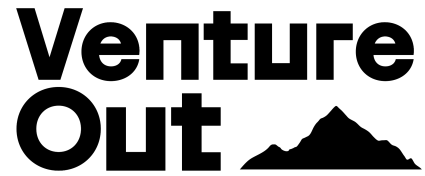








VENTURE OUT HOKIE HIKE





Clothing & Packing List



The following list should be considered a general packing guideline for hiking in most regions. However, each hike will have differences in access, park regulations, terrain, and weather. Please see local outfitters, regional resources, weather forecast, or stop into Venture Out to prepare before going on your Hokie Hike adventure.

Suggested Clothing and Gear

Short Sleeve T-shirt	Avoid cotton when outside for extended trips. Cotton absorbs sweat and water and does not dry quickly. Wet clothing steals heat from your body. Synthetic fabrics do a better job of allowing moisture to evaporate away while still insulating you.	
Long Sleeve Shirt	This should be made from quick-drying synthetic or wool (not cotton). These fabrics move moisture away from your skin and allow maximum airflow.	
Fleece Sweatshirt	This is a warmer layer which should be made from quick-drying synthetic, fleece, or wool (not cotton). These fabrics keep you warm even if you get wet.	
Rain Jacket	Keeps the rain off and can also be used as a windbreaker to retain heat. Thin plastic ponchos and frogg toggs do not typically hold up very well on multiple hikes or while backpacking.	
Rain Pants	A great layer for heavy downpours or to add for wind or cold.	
Quick-dry Pants or Leggings	Synthetic layers are more breathable than sweatpants or jeans.	
Quick dry shorts	Running shorts, gym shorts, board shorts, etc.	
Socks	Wool socks are preferable because they retain heat even when wet.	

Hiking Footwear	Hiking boots or thick-soled shoes.	
Camp Footwear	If camping, having a second pair of shoes can be a welcome change of clothing from wet or heavy boots. A pair of crocs, sandals or old tennis shoes work perfect to have something comfy to change into at camp	
Sunhat	Baseball or bucket hats work great to keep the sun out of your eyes.	
Water bottles	“Hydration equals happiness” in the great outdoors, we recommend bringing 2 liters of water (~64 oz. total) for an average 4 hour hike.	
Medications	Any prescription or over-the-counter (ex. allergy) medication(s) you need to take during the anticipated hours of your trip, in their original packaging. Including asthma inhaler, epi-pen, or other potential life-saving medication.	
Sunscreen	Ideally SPF 30 or above for a full day in the sun. Re-apply approximately every 2 hours.	

Additional Considerations

Other Items:

- Camera: We'd love to see your Hokie Hike photos on instagram: @ventureoutvt #ventureoutvt
- Lip balm/chapstick
- First aid kit
- Maps
- Snacks, meals, eating utensils
- Soap, hand sanitizer, and personal hygiene products

Venture Out Rental Options:

- Backpacks
- Tents
- Sleeping Bags & Ground Pads
- Head Lamps
- Stoves
- Resources and Maps, for review and purchase

Check us out @ recsports.vt.edu/outdooractivities

Note: Many of the amazing hikes through this region and elsewhere will take you in locations that may not have cellular service. Please stay safe and be aware of how to access help if needed. See more information at [Leave No Trace](#) or contact Venture Out for future clinics and class offerings.