Westhampton College Outdoor Adventure Information Sheet

Suggestions on what to bring:

**Apparel/Footwear:**

Activities will be **RAIN** or **SHINE**, so please be prepared and bring apparel and footwear that is suitable for hot weather and rainy weather. In addition, a pair of long pants and a long shirt is valuable to have to reduce the likelihood of mosquito bites.

*In case of rainy weather*

- Bathing suit
- Lightweight shorts & t-shirts (preferably synthetic fabrics that wick moisture to keep you cool and dry!)
- Rain Jacket*
- Long Shirt*
- Long Pants*
- Warm Socks*
- Sweatshirt*
- Pajamas
- Hiking Boots, old sneakers or closed toe shoes (for ropes course)
- Water shoes or sport sandals with straps (i.e. Keen’s or Teva’s) (for water activities)

**Medical/Health**

- Prescription Medications (inhaler, epi-pen, any other prescribed medications)
- Sunscreen
- Bug Spray

**Toiletries/Bedding:**

- Linens for bunk bed (twin size mattress; two flat sheets may be used)
- Sleeping Bag or Blanket*
- Pillow
- Personal Toiletries (shampoo, soap, toothbrush, deodorant & toothpaste, etc.)
- Bath towel and washcloth
- Towel for water sports/activities

**Accessories:**

- Eye/sunglasses with a strap
- Reusable Water bottle
- Hat or Visor

**Optional Items:**

In addition the following items are not necessary to bring, but may be useful to bring:

- Flashlight/Camping Lantern
- Dry Box/Dry Bag for taking personal items (i.e. phone) on the water
- Waterproof Hiking Boots*
- Extra set of clothes (clothes will get wet during water activities)
- Extra pair of sneakers/shoes (shoes will get wet during water activities)
Details about Equipment and Activities

- All food, drinks, and equipment will be provided for students.
- Keep any and all valuables locked in your residence hall room.
- Students are expected to stay with the group at all times.

Rules and Regulations

- All participants must complete waivers to participate in programs offered throughout the day. After students confirm participation the Westhampton College Dean’s Office will send an email with detailed information.