

California Gear List

Appropriate clothing and gear are essential for students to be able to have fun and succeed on a wilderness course. If possible, please send a combination of synthetic and cotton clothes. Synthetic materials are better for staying warm when wet and for drying quickly. Cotton is good for comfort and sun protection. For more information on gear contact SOAR or check out our Gear Guide at <http://www.soarnc.org/gearguides/gearguide.html>.

CLOTHING

- 2 pair pants/jeans
- 2 pair shorts
- 5 shirts (two long-sleeved)
- 1 Swimsuit
- 6 pair Cotton Socks
- Underwear (8 pair)
- 1 pair tennis shoes
- Fleece sweater
- Hat/cap
- Water shoes (no Velcro straps please)
- 2 sets sleepwear

GENERAL NEEDS

- Day pack
- Duffle bag or similar soft bag/luggage
- Sleeping bag (Synthetic only)
- Sleeping pad (Ensolite or Thermarest type)
- 2 Nalgene quart-size water bottles
- Headlamp with extra batteries
- Insect repellent (non-aerosol)
- Rain suit (parka and pants)
- Pen and paper
- Sunscreen (non-spray, waterproof, maximum protection)
- Sunglasses
- Pillow/pillowcase
- 1 box of Ziploc freezer bags (gallon size)

EATING GEAR

- Plastic bowl/plate
- Eating utensils
- Plastic cup

PERSONAL NEEDS

- Prescription medications
- Toothbrush/toothpaste
- Deodorant (non-aerosol)
- 2 bath towels
- Soap/soapbox
- 1 washcloth
- Body talc or powder
- Shampoo/conditioner

ADDITIONAL ITEMS

- Disposable camera (optional)
- Binoculars (optional)

CA Expedition only

- Backpack with good hip belt (~3500 cu. in.)
- Lightweight hiking boots
- 2 pair wool socks
- Hat (fleece or wool)
- Wool mittens or gloves
- Long underwear (Polypro or equiv.)
- Heavy Jacket
- Bug Head Net

CA Standard Only

- Swim Shirts / Rash Guards (2 recommended)*
- Full body wetsuit **
- Diving mask **
- Snorkel**
- Diving fins**
- Extra Swimsuit

NOTES

1. **All clothing and personal items must be labeled!**

2. Do not bring jewelry, valuable watches, CD players, video games, cell phones, etc. Don't bring a knife (other than a table knife).

* See Gear Guide at <http://www.soarnc.org/gearguides/gearguide.html> for description of swim shirt.

** Wetsuit and snorkel gear may be rented. SOAR will invoice you for \$115 Spending Money, which allows plenty of money to rent these items, as well as purchase souvenirs.