

NORTH CAROLINA GEAR LIST

Appropriate clothing and gear is essential for students to be able to have fun and succeed on a wilderness course. Wool and synthetic clothes are important because they keep students warm even if they become wet. Cotton clothes are good for comfort and sun protection but do not keep students warm if they become wet. For more information on this subject contact SOAR or ask at an Outdoor Store. Some items are described in detail on the attached gear guide.

**** PLEASE BE SURE TO NOTE ANY COURSE SPECIFIC EQUIPMENT BELOW ****

PACK NECESSITIES

- Backpack with good hip belt*
(Except for NC Horsepacking & NC Llama Trek)
- Large Duffle (for storing gear)
- Daypack (~2000 cubic inches of volume)
- Sleeping Bag with stuff sack
(Dacron II or equivalent)**
- Sleeping Pad (ensolite/therma rest type)
- Sunglasses
- Clothesline
- Insect Repellent (non aerosol)
- Rainsuit (parka and pants)***
- 2 Nalgene quart-size water bottles
- Headlamp with extra batteries
- Laundry Bag
- 1 Box Gallon Size Ziploc Bags
- Pillow/Pillowcase
- Whistle
- Camera (optional)
- Pack Cover (optional)
- Fishing Pole (optional)

EATING GEAR

- Eating Utensils
- Plastic Cup/Bowl/Plate

CLOTHING

- Lightweight hiking boots (no steel-toe boots)
- Tennis shoes (1 pair)
- Socks, cotton (5 pair)
- Socks, wool (2 pair)
- Pants/Jeans (1 pair)
- 1 pair quick-dry pants
- Shorts (4 pair)
- Shirts, long-sleeve (1)
- T-Shirts (4)
- Underwear (8)
- Hat (synthetic or wool)
- Sweater/Sweatshirt (fleece or wool)
- Swimsuit
- Watershoes (no Velcro straps please)
- Bandanna
- 2 sets Sleepwear

PERSONAL NEEDS

- Prescription Medications
- Stamps & envelopes
- Notebook and Pens/Pencils
- Bath Towel (1)
- Wash Cloth (1)
- Personal hygiene items
- Toothbrush/Toothpaste
- Shampoo/Conditioner
- Deodorant
- Soap/Soapbox
- Sunscreen

NC ACADEMIC DISCOVERY ONLY:

- | | |
|---|---|
| <input type="checkbox"/> Alarm Clock | <input type="checkbox"/> Ruler |
| <input type="checkbox"/> 3-Ring Notebook | <input type="checkbox"/> Notebook Paper |
| <input type="checkbox"/> Pencils and Pens | |
| <input type="checkbox"/> Plastic Zipper Bag for pencils and pens (attaches to notebook) | |

NOTES

1. Please label all clothing and personal effects.
2. Do not bring jewelry, valuable watches or CD players, Gameboys, etc. Don't bring a knife (other than a table knife).
3. Boots must be broken in at home.

* SOAR has a limited number of backpacks to loan if this is a financial burden. Please be sure to reserve one! Not all items on this gear list will fit in the backpack; you will need a footlocker and possibly a duffle bag.

** Rated for 40 degrees +/- 10 degrees (no cotton or down)

*** Quality rain gear is essential, please consult your local outdoor retailer with any questions.