



CLOTHING AND GEAR

NORTH CAROLINA MOUNTAINS 22-28 DAY COURSES

WHAT WE SUPPLY

North Carolina Outward Bound supplies the technical equipment needed for your course including a backpack, shelter, sleeping bag, sleeping pad, rain gear, compass, cooking equipment and eating utensils. At the end of course, you will clean all gear that was issued to you. Bring only the items on the Clothing and Gear list.

WHAT TO BRING

Because our courses are characterized by unpredictable weather, obtaining the proper clothing is crucial. Please bring the items on the Clothing and Gear list as described. You can find these items at camping, outdoor and thrift stores, Army/Navy surplus, outlets, and mail-order catalogs.

Clothing and gear can be expensive. Shop around before you buy. Buy last year's model; don't worry about colors or style. Your choices should be governed by whether or not the piece of clothing or gear will meet our requirements, not if it is the best looking or newest! Many students use the following websites to shop for clothing and gear:

Recreational Equipment Incorporated - www.rei.com

Eastern Mountain Sports - www.ems.com

Sierra Trading Post - www.sierratradingpost.com

Campmor - www.campmor.com

When you arrive for course start, you will not have an opportunity to purchase forgotten items!

FABRICS

It is important that all your clothing be comfortable, quick-drying and warm. Fabrics such as polyester, polypropylene, fleece, acrylic, rayon, wool or name brands like Polartec™, Thinsulate™, COOLMAX® and Capilene are just a few favorites of outdoor enthusiasts, since they retain much of their insulating qualities when wet. There are other brand names as well. Check with a sales associate or mail-order representative. Do not bring down, denim or cotton clothing (unless otherwise indicated).

Our Clothing and Gear list reflects the layering principle. Several layers of light clothing keep you warm and can be adjusted to changes in both weather and activity. For example, wearing a polypropylene undershirt, a mediumweight wool or synthetic sweater and a fleece jacket allows you to adapt to changing conditions.

PACKING AND STORAGE

Our courses are characterized by changing weather conditions; **bring everything on the list**. Pack your clothing and gear in a duffel bag or soft luggage container. When you arrive, you will receive the items Outward Bound provides (see "What We Supply" section). Before your expedition, your instructors will assess your clothing and gear with the route and the anticipated weather in mind. We suggest leaving the tags on any items you purchase in case you don't pack them for expedition. Please check with the sales person to confirm their return policies. You will keep personal items such as clean clothes (for your return trip home) and valuables (cell phones, electronic devices and wallets) in your duffel or soft luggage container. These items

will be stored at our base camp facility in a locked storage bin while you are on course. Leave expensive items at home.

MEDICATIONS

Prescription medications brought on course must arrive in the original container with the prescription label intact. The prescription label is documentation for use of the medication while on course. The container should not include other medications, vitamins, etc. Refer to the Medical Records booklet - "Medications". Do not bring non-prescription medications such as aspirin, Advil, etc., unless it is listed in your Medical Record booklet. We have a medical kit that contains these medications.

Participants will not be permitted to begin their course without their required medications OR with new medications not approved by our Medical Screener.

After your Medical Record has been approved, if you start taking a new medication, stop taking an existing medication or change the dosage of a medication, the action (s) could affect your status on course. Therefore, be sure to contact our Medical Screener with any medication changes.

If possible, bring a double supply. During travel, pack essential medications in carry-on luggage.

YOUR EYES

North Carolina Outward Bound staff recommends glasses with a holding band versus contact lenses. It is more difficult to maintain adequate hygiene when wearing contact lenses in a wilderness setting. Wearing contact lenses may put your eyes at risk of infection or corneal ulcers. These conditions can develop very quickly and can be very serious. In rare cases, these conditions can cause blindness. If you do choose to wear contact lenses, bring both a backup pair of contacts and glasses. Be sure to bring enough contact lens solution and be diligent in your contact lens routine. For more information please visit the FDA website:

Food and Drug Administration - [Contact Lenses](#)

SKIN CARE

Remember – you will be outside the entire time you are on course. Keeping yourself protected against insect bites, sunburn and other types of skin irritation is important to your comfort and safety on course. It is your responsibility to follow your instructor's directions and monitor how your skin is reacting to the environment. We don't want you leaving course sunburned or covered with insect bites.

It is clear to wilderness enthusiasts that the best protection from biting insects, bugs and sunburn is the physical barrier of clothing. Therefore, we emphasize that you bring the required clothing and gear listed. DO NOT bring "short" shorts! If you do, you are only exposing your skin to insect bites, sunburn and abrasions as you expedition.

If you are traveling by air, be aware of TSA guidelines. To avoid TSA taking items out of your carry-on luggage (like insect repellent and sunscreen), pack these items in your checked luggage or do not exceed size specifications. For more information please visit the TSA website:

Transportation Security Administration - [Carry-ons](#)

MONEY

You should bring approximately \$50 with you. You may encounter food and lodging expenses before and after your course. In addition, you and your crewmates are financially responsible for any lost or damaged NCOB gear or equipment.

ELECTRONIC DEVICES AND COMMUNICATION

Cell phones, tablets, GPS devices, and all other electronic devices (except digital cameras) are not permitted on course. Electronic devices can be distracting and disruptive to the wilderness experience. Stepping away from these devices encourages participants to focus on their experience and their crewmates.

Cell Phones: Although cell phones are not permitted on course, traveling to and from your course with a cell phone and a charger is encouraged. At course start, you will be asked to turn off your cell phone and store it in your personal luggage. Your luggage will be locked in a group storage bin at our facility while you are on course.

Cameras: Cameras are welcomed at North Carolina Outward Bound. We recommended waterproof disposable cameras. If you elect to bring a non-disposable camera, we advise that you store it in a small “dry bag” or plastic zip-lock bag. Our courses are rigorous and there is a risk of losing or damaging your camera. **Cell phone cameras, tablets and any other Wi-Fi enabled electronic devices with built-in cameras are not permitted on course.**

Postal Mail: Mail can be sent and received. Delivery may take up to one week from the time it reaches our base camp. You will receive address information prior to your course start. **Remember to bring postcards or stationery and envelopes with stamps attached so you can write to your family and friends while you are on course.**

Emergency Communication: If a family emergency occurs while the course is in progress, emergency messages can be relayed by calling our toll-free number (1-800-878-5258) on weekdays 8:30 AM – 5:00 PM eastern time. Before your course begins, you will receive an email that provides an after-hours and weekend emergency phone number.

FOOTWEAR

Proper footwear is essential for your safety and enjoyment. Shopping for outdoor footwear can be confusing for even the most experienced hiker. You should be able to find good boots at reasonable prices. Take the following information with you when shopping.

BOOTS

The best boot for our terrain is a light to mediumweight boot that has ankle support, leather, nylon or Gore-Tex upper, and a hard rubber lug sole (looks like a tire tread). Crepe soled boots, “approach” shoes and “trail” shoes are not acceptable. Do not buy mountaineering boots or high boots that constrict the calf. Your boots should be waterproof and comfortable.

FITTING YOUR BOOTS

A proper fit is essential. You are unlikely to judge this walking around a store. Some retailers will allow you to purchase your boots with the understanding that if you wear them indoors for several hours and they do not feel comfortable, you may return them. Experiment with lacing the boots in different ways to get the most comfortable fit. Boots should have a snug-fitting heel to prevent excessive heel lift which can cause blisters. There should be plenty of toe room, even when walking downhill. Try your boots for fit on both an incline and a decline. Fit your boots with the socks you will wear on course. A light, wicking (polypropylene, sheer wool or nylon) sock next to the skin, combined with a wool sock, provides both cushioning and protection from friction.

TEST TO ENSURE A PROPER FIT

Fit your boots with the socks you will wear on course.

Test 1: With the boots unlaced and your toes touching the front of the boot, the boot should be large enough to place your forefinger between your heel and the heel of the boot.

Test 2: With the boot laced, your heel must be firmly lodged in the heel cup with very little lift when you walk.

Test 3: The boot should fit snugly around the ball of your foot so that when you twist your foot it does not move or slip inside the boot.

Test 4: When on a steep incline, or when tapping the front of your boot against the floor, your toes should not hit the end of the boot.

BREAKING IN YOUR BOOTS

Begin wearing your boots long before your course starts. Wear them around town and at home as much as possible every day for several weeks. You should put 10+ miles on your boots to break them in, walking on both level and rough terrain. If you start feeling any hot spots, treat them immediately using moleskin to protect against the hiker's worst enemy: the blister! Be kind to your feet.

WATERPROOFING YOUR BOOTS

After you are certain your boots fit properly, make sure they are waterproofed. Some boots are already waterproofed when they are purchased; but if not, follow the sales associate or manufacturer's recommendations concerning the type of waterproofing to purchase.

FEMININE CARE INFORMATION

Increased physical activity during Outward Bound may cause a change in your menstrual cycle. Even if you don't expect your cycle during course, come prepared by bringing the following items:

- twice the number of tampons, pads or panty liners you normally use during your cycle. If you use tampons exclusively, we suggest bringing panty liners as well.
- 1 to 2 extra pairs of underwear
- 1 to 2 opaque* quart-sized zip-lock bags or small soft cosmetics bags to store your unused feminine products.
- 1 to 2 opaque quart-sized zip-lock bags or small soft cosmetics bags to store your used feminine products.
- 1 opaque* gallon size freezer-grade zip-lock bag or medium-sized soft cosmetics bag. This bag will hold the two smaller bags noted above, plus the following items:
 - 1 travel pack of feminine or baby wipes
 - Extra bandanna (can be used after the wipes to help keep clean and dry)
 - 1 travel size bottle of instant hand sanitizer or anti-bacterial soap that does not require water

* Not transparent. If using zip-lock bags, we recommend placing duct tape around them to make them opaque.

We practice Leave No Trace camping techniques. Therefore, we pack out all that we pack in. This means that you will be expected to store used products until you reach your next re-supply. Re-supplies often occur every three to seven days. You will then be able to dispose of any used items.

Your instructors are very experienced in helping to solve feminine care concerns while on course. Don't hesitate to ask them questions.

CLOTHING AND GEAR

This Clothing and Gear list is the result of many years of staff and participant feedback. Please follow this list closely. Points to keep in mind while planning and shopping:

- Changing weather conditions may require use of all of these items. Keep receipts and tags from new purchases so any unused items can be returned after course.
 - Clothing should be made from synthetic or wool fibers such as polyester, polypropylene, fleece, acrylic, rayon, wool or name brands like Polartec™, Thinsulate™, COOLMAX™ and Capilene.
 - Wearing white or light colored, loose fitting clothing keeps you cooler; in addition, they attract fewer biting insects. Dark colors are acceptable for insulating attire.
 - Cotton clothing loses its insulating properties when wet. Also, cotton does not dry quickly in the outdoors. For these reasons, do not bring items made with cotton unless otherwise noted.
-

REQUIRED UPPER BODY CLOTHING

- 1 mediumweight fleece jacket or pullover (200 weight fleece)
Comfortable, breathes well, insulates when wet. A sufficiently warm wool or wool/synthetic sweater may be substituted - if in doubt, bring two sweaters.
- 1-2 lightweight synthetic long underwear tops
- 1 long sleeved, light colored button up shirt that is loose fitting
- 3-4 synthetic t-shirts
- 3 sport/jog bras (if applicable)

HEAD

- 1 mediumweight fleece or wool hat that covers your ears and the back of your neck
- 1 wide-brimmed sun hat or baseball cap
- 1 bandanna (used to shield your head, neck or face from insects and sunburn)
- 1 bug head net (mesh needs to be small enough to protect against no-see-ums and mosquitos)

EYES

- 1 pair sunglasses
- Prescription eye wear and/or contacts (if applicable)
Bring an extra pair in case of loss or damage. If you have limited vision without your glasses, bring prescription sunglasses.
- Retainer straps (make sure they fit your glasses tightly and have an adjustable strap)
- Hard cases to store glasses

HANDS

- 1 pair of lightweight polypropylene glove liners

REQUIRED LOWER BODY CLOTHING

- 1-2 lightweight synthetic long underwear bottoms
- 1-2 pairs of quick-dry, loose fitting nylon trekking pants (can be the type that converts to shorts)
- 2-3 pairs of quick-drying nylon shorts (at least one with liner; no “short shorts”)
- 6-8 pairs of synthetic, quick-dry (not cotton) underwear or boxer shorts

FEET

- 1 pair of light to medium-weight hiking boots (see “Footwear” section)
- 1 pair of lightweight running shoes (to be used for running and can be used as your CAMP SHOE)
- 1 pair of CAMP SHOES: The running shoes listed above may double as your camp shoe, OR you can bring a Croc-type shoe or a sport sandal. This camp shoe MUST fit securely, have a hard sole, be closed toed, and enclose the majority of the foot.
- 4-6 pairs of mediumweight wool or synthetic socks
- 2 pairs of lightweight synthetic liner socks

ADDITIONAL REQUIRED ITEMS

- \$50 cash (see “Money” section)
- Prescription medication (if applicable)
- 1 LED style headlamp with 1 spare set of batteries (recommended) OR 1 standard headlamp with 3 sets of spare batteries and one spare bulb. Avoid halogen bulbs to prolong battery life.
- 1 small bottle of insect repellent (no aerosol or wipes)¹
- 1 waterproof watch with alarm
- 1-2 tubes of sunscreen SPF 30+ (should be less than 1 year old)¹
- 1-2 lip balms SPF 30+ or greater
- 3 pens or pencils
- 1 old twin flat sheet (39 x 75 inches) or sarong (55 x 57 inches) or shemagh (44 x 44 inches) to cover up from bugs on hot nights and for discrete clothing changes
- 2-4 gallon-sized zip lock bags (for keeping items like notebook, camera dry and clean)
- Travel size toiletries for expedition: small toothbrush, small tube of toothpaste, comb or brush (we will provide you with biodegradable soap)
- Travel size toiletries that will stay at base camp: shampoo and conditioner, soap, towel, toothbrush, tooth paste, comb or brush (for post course clean up.)¹
- 1 set of extra clothes for travel days

¹If you are traveling by air, be aware of TSA guidelines. To avoid TSA taking items out of your carry-on luggage (like insect repellent and sunscreen), pack these items in your checked luggage or do not exceed size specifications. For more information please visit the TSA website:

Transportation Security Administration - [Carry-ons](#)

OPTIONAL ITEMS

It's nice to go light, but many past students also recommend bringing the following items:

- Trekking poles: Help distribute weight while hiking with heavy packs; great if you have weak ankles/knees
- Medicated powder like Gold Bond™
- Postcards/stationery/envelopes/stamps
- Crazy Creek camp chair
- Camera (with extra batteries and memory card or extra film)
- 1 Swiss Army type knife or multi-tool with can opener (**ADULT COURSES ONLY - age 18+**)
- 1 pair climbing shoes (if your course includes rock climbing; must be inspected and approved by instructors at course start)

IMPORTANT NOTE ABOUT MEDICATIONS

Refer to section titled MEDICATION in this Clothing and Gear booklet or contact our Medical Screener at medical@ncobs.org or 1-800-709-6098.