



WHAT WE SUPPLY

The North Carolina Outward Bound School supplies you with the technical equipment needed for your course including a backpack, sleeping bag, sleeping pad, rain gear, compass and cooking/eating equipment. Bring only the items on the Clothing and Gear List.

At the end of course, you will clean all gear that was issued to you. You and your crew are financially responsible for any lost or damaged equipment.

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 get the job done, not if it is the best looking or newest! Many students use the following web sites 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

Once you arrive, you will transfer your personal items into our gear and will be supplied with individual and group camping equipment and food. Remember, there are no stores on our wilderness courses where you can 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 medium-weight wool or synthetic sweater and a fleece jacket allows you to adapt to changing conditions.

MEDICATIONS

Prescription medications brought on course must arrive in the original container with the prescription label intact. The prescription label is documentation for your use of the medication while on course. The container should not include other medications, vitamins, etc.

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.

STORAGE

Clean clothes for your return home and valuables including cell phones, watches, airline tickets, books, and wallets will be placed in locked storage during the course. Please leave expensive jewelry at home. Radios, CD players, iPods, Global Positioning System (GPS) units and Personal Locator Beacons (PLB's) are not permitted in the field.

CLOTHING AND GEAR

MONEY

You should bring approximately \$50 with you. You may encounter food and lodging expenses before and after your course or need to pay replacement cost of any lost or damaged equipment.

CAMERAS

If you would like to record events on your course, bring your camera (waterproof disposable cameras are recommended). 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 to keep it dry. Our courses are rigorous, and there is a risk of losing or damaging your camera. Cell phone cameras are prohibited.

MAIL

Mail can be sent and received. Delivery may take up to one week from the time it reaches our base camp. **Remember to bring postcards with stamps attached so you can write to your family and friends while you are on course.**

TELEPHONE

You will be in remote wilderness areas and unable to place or receive phone calls.

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 puts you at risk of several serious conditions including eye infections and 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 back up 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:

www.fda.gov/cdrh/contactlenses/risks.html

BOOTS AND FOOTWEAR

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 guidelines with you when shopping:

GUIDELINES

BOOTS

The best boot for our terrain and the time of year is a light to medium-weight boot that has ankle support, leather, nylon or Gore-Tex upper, and a hard rubber lug sole, which looks like a tire tread. (Crepe soled boots 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, and you are unlikely to judge this walking around a store. Some merchants 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 that can cause blisters. There should be plenty of toe room, even when walking down hill. 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, with a wool sock over it, 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. Walk around town and at home in them 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 ground. If you start feeling any hot spots on your feet, 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, they should be waterproofed. Some boots are already waterproofed when they are purchased; but if not, follow the store clerk or manufacturer's recommendations concerning the type of waterproofing to purchase.

CLOTHING AND GEAR LIST

Even the most experienced Outward Bound instructors have different ideas on what will best suit their needs while living in the wilderness. You will likely develop your own preferences by the end of your course. Below is a list, developed from many years of experience. White or light colors are cooler in hot climates; in addition, they attract fewer biting insects. Avoid black or dark colors. Changing weather conditions may require the use of all of these items. When it is rainy and/or windy, the temperature can drop considerably, even in summer months. Clothing made from cotton does not provide insulating warmth when wet. For this reason, you should not bring cotton (unless otherwise noted). For warmth, clothing should be made from the following synthetic or wool fibers; polyester, polypropylene, fleece, acrylic, rayon, wool or name brands like Polartec™, Thinsulate™, COOLMAX™ and Capilene. Please check all clothing labels to ensure that each piece is made from one of these fibers.

REQUIRED CLOTHING

- 1 synthetic/wool cap that covers your ears
- 1 baseball cap or wide brim hat (for sun protection)
- 2-3 synthetic T-shirts
- 1-2 light-weight synthetic long underwear top
- 1 light-weight synthetic long underwear bottom
- 1 light-weight synthetic fleece jacket or synthetic/wool sweater
- 1-2 pair synthetic quick-drying shorts
- 1 pair unlined nylon or other synthetic material pants
- 4-6 pair synthetic underwear
- 2-3 synthetic sports/jog bras
- 3-5 pair synthetic/wool socks
- 1 pair hiking boots (see footwear section)
- 1 pair running shoes
- 1 extra set of casual clothes for trip home

REQUIRED GEAR

- 1 duffel bag or soft luggage for travel to and from course area
- 1 tube of lip balm SPF 15 or greater
- 1 3-8 oz. tube of sunscreen SPF 30+ (Sunscreen should be less than one year old)
- 1 2-6 oz. plastic bottle of insect repellent (NO aerosol or wipes)
- 2 bandannas (Ladies, you may wish to bring an extra- see your Feminine Care letter.)
- 1 LED type headlamp with 1 spare set of batteries (keeps hands free)
Avoid halogen bulbs to prolong battery life.
- 3 ball point pens
- 1 toothbrush and 1 small tube of toothpaste
- 1 towel and travel-sized toiletries for post course cleanup (may or may not be showers due to facility limitations)
- \$50 cash

OPTIONAL GEAR

These items are highly recommended by past students.

- 1 unlined nylon shell windbreaker
- 1 bug headnet (highly recommended June - August)
- 1 cotton or synthetic long sleeved buttonup shirt to be worn as a bug shirt (highly recommended June - August)
- 1 pair liner socks (for blister prevention)
- 1 comb or brush
- 1 pair sport sandals (Chaco, Teva, Keen) - must have a heel strap and fit securely to the foot. It is recommended that the sandal be closed toed. (highly recommended June - August) **NO FLIP FLOPS!**
- 1 old flat sheet (to cover up from bugs on hot nights; highly recommended June - August)
- 1 Crazy Creek™ type chair (carried on backpack)
- 1 pair sunglasses (with a strap and a crush proof case)
- 1 camera and film (weather resistant disposable recommended)
- 2 1-gallon size zip-lock bags
- Trekking Poles (help reduce stress on knees and ankles)
- Postcards or small stationary with envelopes and stamps

IMPORTANT NOTE ABOUT MEDICATIONS

Refer to page 1 of your Medical Record booklet under **Medications**, and the first page of this Clothing and Gear booklet, under **Medications** for requirements.