



## **WHAT WE SUPPLY**

North Carolina Outward Bound 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 websites to shop for clothing and gear:

Recreational Equipment Incorporated - [www.rei.com](http://www.rei.com)

Eastern Mountain Sports - [www.ems.com](http://www.ems.com)

Sierra Trading Post - [www.sierratradingpost.com](http://www.sierratradingpost.com)

Campmor - [www.campmor.com](http://www.campmor.com)

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<sup>R</sup> 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.

## **PACKING AND STORAGE**

Pack clothing and gear in a duffel bag or soft luggage container. When you arrive and meet your instructors, you will transfer your packed items into our backpacks and will be supplied with individual and group camping equipment and food. Remaining items such as clean clothes (for your return trip home) and valuables such as cell phones and wallets will be returned to 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. Please leave expensive items such as jewelry at home. Radios, CD players, MP3 players, Global Positioning System (GPS) units and Personal Locator Beacons (PLB's) are not permitted on course.

## **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. Refer to Medical Record booklet - "Medications," page 1.

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.

## CLOTHING AND GEAR

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### 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](http://www.fda.gov/cdrh/contactlenses/risks.html)

### 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.**

### MONEY

You will need some spending money during the course. You will need money for laundry, extra batteries or film, and any meals or miscellaneous items you choose to purchase during town visits or travel days. You may also need to pay for replacement costs of damaged or lost North Carolina Outward Bound gear. We suggest you bring at least \$200 (past students have recommended \$500) mixed between cash and a debit card OR a credit card with a PIN number to cover these incidental expenses. **We suggest that you purchase a money belt or traveler’s neck pouch to carry your passport, plane tickets and cash.**

### MAIL

Mail can be sent and received during the North Carolina and Florida Phases of the International Leadership Semester. 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 with stamps attached so you can write to your family and friends while you are on course.**

**Mail service is not available during the Patagonia Phase.**

### TELEPHONE

You will be in remote wilderness areas and unable to place or receive phone calls. Cellular phones are not permitted on Outward Bound courses. (You may travel with a cell phone which will be stored for you while you are on course.) However, emergency messages can be relayed by calling our toll free number, 800-878-5258, on weekdays. If there is an emergency call, we will deliver the message as soon as possible. Before your course begins, you will receive a letter or e-mail with after-hours and emergency numbers.

## BOOTS AND FOOTWEAR

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Proper footwear is essential for your safety and enjoyment. Because this course involves mountaineering and travel on rugged, uneven terrain, having the proper boots is essential. 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:

**You will need both hiking boots and plastic mountaineering boots for your course.**

### PLASTIC MOUNTAINEERING BOOTS

North Carolina Outward Bound has a supply of plastic mountaineering boots (Kolfach Degrees) for your use during the course at no extra charge. **However, if you have any foot abnormalities, it may make fitting boots to your feet difficult. If you have feet larger than size 14 or any foot abnormalities (bunions, bone spurs, etc.), please contact your Student Services Representative. You may have to purchase your own boots and have them fitted at a specialty ski shop.** Plastic mountaineering boots do not stretch or break in like leather boots. **Make sure to give your boot size to your Student Services Representative.**

### BOOTS

The best boot for our terrain 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, “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.

### INNER SOLE LINERS

Inner sole liners can add extra warmth and comfort to your feet. If you choose to use an inner sole liner **MAKE SURE** to wear them when you are fitting your boots. If you try to use them after your boot has been fitted, they may make your boot too small. Examples of inner sole liners include: Spenco Neoprene Liner and Spenco Polysorb Replacement Insole.

### FITTING YOUR BOOTS

A proper fit is essential, and 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 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, 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.

## **BOOTS AND FOOTWEAR**

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### **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 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 sales associate or manufacturer's recommendations concerning the type of waterproofing to purchase.

## CLOTHING AND GEAR

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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. The International Leadership Semester takes place over several seasons, locations and altitudes. White or light colors are cooler in hot climates. In addition, they attract fewer biting insects. Dark colors are acceptable for insulating attire. Changing weather conditions may require the use of all of these items. Clothing made from cotton does not provide insulating warmth when it is wet. Therefore, cotton clothing is only acceptable for town visits and travel days. 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.

### UPPER BODY INSULATION

- 1 lightweight synthetic fill jacket  
**Look for fills such as Polarguard 3D, Primaloft, or 3M Hollofill. This garment is an essential piece that will provide extra warmth for the mountaineering and backcountry travel in Patagonia and will be equally useful in the North Carolina Mountains. It will keep you warm in camp when you aren't active.**
- 1 200-weight fleece jacket or pullover  
**Comfortable, breathes well, insulates when wet. A sufficiently warm wool or wool/synthetic sweater may be substituted - if in doubt, bring two.**
- 1 unlined, lightweight, breathable nylon windbreaker
- 2 light-weight synthetic long underwear top
- 1 medium-weight synthetic long underwear top
- 1 long sleeved cotton t-shirt
- 1 long sleeved synthetic t-shirt
- 5 t-shirts: 2 may be cotton
- 3 sport/jog bras

### LOWER BODY INSULATION

- 1 pair 200 weight synthetic or fleece pants
- 1 medium-weight synthetic long underwear bottom
- 1 light-weight synthetic long underwear bottom
- 1 pair of quick-dry nylon trekking pants (can be the type that converts to shorts)
- 3 pairs of shorts: lightweight, quick-drying nylon (at least one with liner)
- 1 swim suit (men can use lined shorts)
- 1 pair of synthetic wind pants with side zips
- 5-7 pairs of synthetic/silk underwear or boxer shorts

### UPPER AND LOWER BODY SHELL GEAR

It is crucial to have adequate protection from the wind and rain. We may hike for days in the rain, sometimes in strong winds. Please bring a high quality waterproof/breathable jacket and pants. Waterproof/breathable clothing allows your sweat to escape even while keeping you protected from the elements. Your rain gear needs to be able to withstand weeks of heavy use on snow and in dense underbrush.

## CLOTHING AND GEAR

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- 1 3-ply Gore-Tex or similar high quality (Triple Point Ceramic, H2No Storm) Waterproof/Breathable Jacket with a storm-proof hood. Reinforced shoulders will help protect the jacket from the rubbing of your backpack. Brands to look for include Marmot, Mountain Hardwear, Patagonia, ArcTeryx, the North Face, and Mountain Equipment Coop.
- 1 pair full zip Gore-Tex or similar high quality Waterproof/Breathable Pants with full side zippers. Look for reinforced knees and bottom. The same brands as above are recommended.

**Important:** If your shell gear is more than a year old, put the gear on over a dark T-shirt and shorts, put the hood up, and stand under your shower for several minutes, making sure to douse the entire rain suit, especially around the shoulders. Leaks will show up on the dark cotton fabric. Several students who used older jackets on past courses were forced to endure leaks. If in doubt, get a new jacket.

### HEAD

- 1 medium weight fleece or wool hat that cover your ears and the back of your neck
- 1 fleece or synthetic balaclava (looks like a ski mask) to insulate the head and neck
- 1 wide brimmed sun hat or baseball cap
- 2 bandannas (Ladies, see your Feminine Care letter.)

### EYES

- 1 pair of glacier compatible sunglasses or goggles  
**At least 97% UV protection; Should not allow any light to enter from the sides or below; glacier glasses are the best option and ski goggles will also work well. Good sunglasses are extremely important. Snow travel without them can result in sun burned eyes and temporary snow blindness. If you choose to purchase goggles and wear glasses make sure that the goggles fit over your glasses.**
- Prescription eye wear (if applicable)  
**Bring an extra pair in case of loss or damage. If you have limited vision without your glasses, bring prescription sunglasses or glacier glasses, or bring high quality ski goggles (make sure they block 97% UV) that fit over your glasses.**
- Retainer straps (make sure they snugly fit your glasses and have an adjustable strap)
- Hard cases to store glasses/goggles in.

### HANDS

- 1 pair of warm fleece or wool gloves or mittens
- 1 pair of Gore-Tex (or similar) waterproof shell gloves/mittens with removable insulated liners.
- 1 pair of lightweight polypropylene glove liners

### FEET

- 1 pair of medium weight hiking boots or lightweight mountaineering boots (see Boots and Footwear section)
- 1 pair of plastic mountaineering boots (NCOBS provides plastic mountaineering boots. However, if you have foot abnormalities, orthopedic issues or feet size 14 or above you will need to purchase your own boots; see Boots and Footwear section)
- 1 pair of lightweight running shoes
- 1 pair sport sandals (worn with instructor approval).



## CLOTHING AND GEAR

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- 1 pair of gaiters to cover your boot uppers to keep snow and dirt out  
**Gaiters should fit comfortably over your leather boots, and must fit over the plastic boots you will wear in Patagonia. If possible, try them on over a pair of plastic boots, or buy them a little large. Must be durable. We recommend using a Velcro closure gaiter vs. a zipper closure gaiter.**
- 3 pairs of heavy-weight wool or synthetic socks
- 3 pairs of medium-weight wool or synthetic socks
- 2 pairs of light-weight synthetic liner socks
- 3 pairs of light-weight cotton socks

### GEAR

- passport and 2 photocopies of the front page
- airline tickets and 1 photocopies of each ticket or e-mail flight confirmation and 1 copy of confirmation
- money, ATM Card, Travelers Check Card, Credit Card
- prescription medication
- 1 LED type headlamp with 3 spare sets of batteries (recommended) **OR**  
1 standard headlamp with 5 sets of spare batteries and 1 spare bulb (less expensive)  
**Avoid halogen bulbs to prolong battery life.**
- 1-2 small tubes of sunscreen SPF 30+
- 2-3 chap sticks SPF 30+ or greater.
- 1 small plastic bottle of insect repellent  
(28-30% DEET or Citronella - NOT aerosol)  
**The best protection from biting insects and bugs is a physical barrier.**
- 1 Swiss Army type knife or multi-tool with locking blade and can opener
- 3 pens or pencils
- 1 flat sheet or sarong (to cover up from insects on hot nights).
- 8"x 5" notebook
- 1 box gallon sized zip lock bags: for camera and journal storage
- small toothbrush and toothpaste
- small comb or brush
- 1 towel (for use between phases, not in the field)
- travel sized toiletries for town day/post course clean-up
- 2 sets of extra clothes: Casual and rugged for in town and travel days (one set should look nice)

### OPTIONAL ITEMS

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

- Trekking poles - if you have weak ankles, knees or foot problems. Trekking poles help distribute weight while hiking with heavy packs.
- 1 money belt or neck pouch for carrying valuables under clothing
- 1 waterproof watch with alarm
- stationery/Envelopes/Stamps
- Spanish/English dictionary or phrase book.
- head bug-net
- day pack/book bag
- camera and film or extra digital storage devices
- insulated Thermos, up to 1 liter capacity.

## CLOTHING AND GEAR

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- ❑ Nutrition Bars. You will be provided with all of the food you need throughout your course, however, many students prefer a stash of their own “power bars” to eat when they want a bit more. Power, Cliff, Luna, and Balance are all examples of bars that are great nutritional companions in the wilderness.
- ❑ Therma-rest Pad: We provide foam sleeping pads, however, many participants prefer an inflatable sleeping pad. They are a bit heavier and can develop leaks. If you bring one, bring a lightweight  $\frac{3}{4}$  length pad with stuff sack and repair kit.
- ❑ Crazy Creek Camp Chair: Comfortable, but heavy. If you bring a Therma-rest pad, a lighter and cheaper alternative is to purchase a Therma-rest chair kit that converts the sleeping pad into a comfortable seat.
- ❑ Gold Bond™ powder

### 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.