



NORTH CAROLINA OUTWARD BOUND SCHOOL



VETERANS AND SERVICE MEMBERS BACKPAKING AND ROCK CLIMBING INFORMATION PACKET

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WELCOME TO NORTH CAROLINA OUTWARD BOUND

Dear Veteran or Service Member,

We are pleased you have begun the process that will lead you Outward Bound. We promise you an extraordinary outdoor adventure and bonding opportunity.

Veterans programs are designed to be fun, fast and challenging. We make the most of the organizational and teamwork skills you learned in the military to get you straight into the wilderness. Your leadership skills will be tested as you and your crewmates take on the responsibility of route planning, navigation, camp site selection and meal preparation all the while helping one and other overcome the physical obstacles of being in the wilderness and the emotional challenges of transitioning back to life at home whether you have retired from the military or are still on active duty between assignments. At Outward Bound you will have the opportunity to discuss your service experience in a supportive, non-confrontational setting surrounded by fellow veterans and service members while experiencing the beauty of the country you have served.



The wilderness is our classroom. We operate in all kinds of weather and travel a variety of terrain. There will be times when you can expect to be hot or cold, wet, tired and sore. You will push your limits both physically and mentally on Outward Bound. Our staff, sometimes veterans themselves, have extensive wilderness experience working with groups. You can rely on their ability to manage risk on your program. However, personal health, safety and well being in the wilderness is the responsibility of each and every member of your crew.

This packet contains all the information needed to prepare for your wilderness adventure. Take the time to read the information and complete and return all your required forms. Failure to fully complete your forms and return by the due date can delay your application. Without all relevant data, it is difficult to adequately plan schedules and logistics necessary to provide a quality Outward Bound experience.

To complete an Outward Bound course is an achievement. People of all ages remember their Outward Bound experiences for a lifetime and frequently report, "Outward Bound was the best thing I ever did."

On behalf of Outward Bound, I thank you for your service to our nation and look forward to seeing you in the wilderness.

Regards,
Matt

A handwritten signature in black ink that reads 'Matthew D. Rosky'.

Matthew D. Rosky
Veterans and Service Members Program Manager

ABOUT OUTWARD BOUND

MISSION STATEMENT

Changing lives through challenge and discovery.

HISTORY

The name Outward Bound comes from the nautical term describing the moment a ship leaves the safety of the harbor for the unknown challenges and adventures of the open sea.



WWII Atlantic convoy

Outward Bound was founded during World War II. German U-boats were sinking British merchant ships, and many merchant sailors were dying as they waited to be rescued from the rough and frigid waters. Sir Lawrence Holt, owner of the Blue Funnel shipping line in Great Britain, called upon a progressive educator, Kurt Hahn, to help him uncover the answer to this question: Why were the older, more seasoned sailors surviving at a rate much higher than the younger and presumably more fit sailors? Hahn identified the problem as a lack of

confidence rather than any shortage of skill or equipment. Hahn identified the problem as a lack of confidence rather than any shortage of skill or equipment. He recognized that the younger sailors had not yet developed an understanding of their own physical, emotional and psychological resources. The older men were able to draw on their life experiences and inner resources to survive the hardships presented to them. To address this problem, Hahn opened the first Outward Bound School in Aberdovey, Wales.

The school provided participants with a series of progressively challenging opportunities for success.

Since 1941, Outward Bound has become the oldest, largest and most recognized wilderness educational organization in the world.

WORKING WITH VETERANS

The history of Outward Bound serving veterans dates to 1971 and the “Spartan Pathfinder” program run by the John F. Kennedy Center for Military Assistance. The purpose of the program was to use Outward Bound techniques to reorient soldiers with drug and disciplinary problems and “promote self-confidence and self-awareness through controlled stress in a wilderness environment.” From 1975 - 1981, the Dartmouth Outward Bound Center and the Department of Psychiatry at Dartmouth Medical School began serving veterans suffering from with Post Traumatic Stress and other mental health issues.



Kurt Hahn

In 1981 Dartmouth Outward Bound Center merged with Hurricane Island Outward Bound School and by 1983 Outward Bound for Veterans was born.

Between 1985 and 2006, veterans courses were run by all of the Outward Bound Schools in the United States. Funding for those programs came from various sources including the Disabled American Veterans (DAV) and multiple Veterans Administration Medical Centers.



Colonel Robert Rheault in Vietnam

From 2007 to present, funding has come from the DAV, the Sierra Club Military Family Outdoor Initiative Project and the Anschutz Family Foundation. Most recently significant funding has come from Fortress Investments through Holiday Retirement Communities.

The founder of the Vietnam veterans program and a guiding hand through many iterations of veterans courses was former Army Colonel and head of Special Forces in Vietnam, Bob Rheault. Colonel Rheault became an Outward Bound instructor after he left the Army, “because it was the closest thing to Special Forces that he could find.”

WHAT WE TEACH

The Four Pillars and Principles

The Four Pillars represent the historical foundation of Outward Bound and are the core of our course design and delivery.

Physical Fitness – building the physical and emotional stamina to meet challenges

Craftsmanship – modeling quality and intentionality in one’s actions

Self-Reliance – being resourceful, recognizing and applying personal strengths

Compassion – selflessly engaging in the welfare and dignity of others

The following Principles complement The Four Pillars and are incorporated in each of our programs.

Safety - managing risk for physical and emotional safety in everything we do

Service - acting selflessly to meet the needs of others and our environment

Courage – taking risks to achieve goals and stand up for universal well-being

Leadership – utilizing collaborative relationships to initiate collective action

Diversity – embracing people’s differences as a source of learning and growth

Environmental Stewardship – preserving our natural world for future generations

COURSE DESIGN PRINCIPLES

North Carolina Outward Bound courses provide:

a safe and supportive environment by

- developing a caring and positive group culture.
- designing an experience that supports physical and emotional safety.

challenge, adventure, and problem solving opportunities by

- using unfamiliar settings to impel students into mentally, emotionally and physically demanding experiences.
- utilizing and managing appropriate risk.

learning through experience by

- facilitating engaging, relevant, sequential experiences that promote mastery and incorporate reflection and transference.
- learning from success as well as failure.

DESIRED COURSE OUTCOMES

North Carolina Outward Bound courses inspire:

character development and personal growth through

- demonstrating an increase in self-knowledge and awareness.
- perseverance, courage and confidence.
- self-reliance, initiative and responsibility.
- craftsmanship and pride.
- physical and emotional fitness.
- the ability to embrace differences.

leadership and teamwork by

- demonstrating the ability to set goals, and inspire and guide others to achieve them.
- demonstrating the ability to collaborate, communicate, solve problems and resolve conflicts effectively.

service and compassion through

- demonstrating an increased awareness of social and environmental issues.
- demonstrating unyielding support for the welfare of others and the responsibility to care for the environment.
- demonstrating a service ethic and actively engaging in service to others.

COURSE PREPARATION AND PHYSICAL FITNESS



Course end Personal Challenge Event

ATTITUDE AND MENTAL PREPARATION

Have fun and enjoy the adventure of preparation while training for your course! This is an excellent opportunity for you to get outside, get fit and explore your neighborhood's parks and recreation areas.

Your attitude of commitment and willingness to try new things are two of the most important contributions you can bring to your course. Prepare yourself to take on new challenges and try new activities.

Your ability to interact well with a group is also important to successfully completing your course. Plan to be patient,

to persevere, to expand your limits and to have a positive and memorable adventure! We strongly suggest that applicants who are over weight or have high blood pressure, family history of heart disease, diabetes, a prolonged sedentary lifestyle or smoke more than one pack a week consult with their physician to establish an exercise program.

- You do NOT have to be an athlete or highly-trained to attend an Outward Bound course.
- You DO have to be physically capable and active. Our courses are demanding. You will use your muscles in new and challenging ways.
- It takes strength and fitness to paddle a boat for six or eight hours a day, carry a 50+ pound pack for 5 miles or climb a rock wall. If you aren't already involved in a fitness program, now is the time to start.
- Your efforts will pay off in enjoyment, comfort and fun.

THE BEST EXERCISE THERE IS

For most people, the best and most accessible exercise is jogging—a combination of walking and running compatible with your current level of fitness, ability and interest. Why jogging? It's the simplest, cheapest, least encumbered, most available and most efficient way to use your large leg muscles—requiring the heart and circulatory system to pump large quantities of blood and oxygen.

The most important thing is to find an activity that you enjoy doing. While exercising three times a week for thirty minutes is the minimum, five times a week is optimum physical preparation for your course.

Build in 15-30 minutes every other day for light weight training. Weight training helps build strength which will complement your aerobic fitness.

Yoga? Stretching? Imperative. Stretching maintains flexibility.

TRAINING FOR BACKPACKING AND ROCK CLIMBING COURSES

Hike with a weighted backpack. Start with 20-30 lbs., then build to 50+ lbs. If you do not own a backpack, you may be able to borrow one from a friend, family member or rent one from an outdoor sporting goods store. If none of these options are available, try a smaller "book bag" style backpack with approximately 15 lbs. in it. Start out hiking just a couple of miles on hilly terrain or stairs and increase your intensity and mileage as you gain strength and endurance. On course, you can expect to carry a backpack that weighs approximately 40 to 55 lbs., and you may be hiking for distances of five to 15 miles per day.



Personal Challenge Event finish line!

Climbing indoors at your local rock climbing gym is the best way to prepare for climbing outdoors. If climbing at a gym is not available, substitute pull-ups, sit-ups and strength training with weights. On course, you will practice knots, climbing and belay techniques as well as safety procedures.



COURSE INFORMATION

6-DAY VETERANS AND SERVICE MEMBERS BACKPACKING AND ROCK CLIMBING

PREPARATION

It is important for you to take time to mentally and physically prepare for your course. Look over the Course Preparation and Physical Fitness guidelines on page 5. If you have yet to start physically preparing, start now and focus on cardiovascular training. You will be putting yourself at a disadvantage if you postpone or ignore physical preparation! If you are unsure how to begin a fitness regimen appropriate for you, contact your physician for assistance.



SHELTER

Each crew will be given large tarps to set up as shelters. You will also be given a ground sheet and a foam sleeping pad to place under your sleeping bag.

FOOD

Outward Bound practices Leave No Trace camping ethics. Therefore, we seldom build fires. You will be cooking on gas camp stoves. Your instructors will teach you backcountry cooking techniques and you will be responsible for helping with the preparation of all meals for yourself and your crewmates. Your diet will be a mix of dehydrated foods, fresh fruits and vegetables. We use rice, tortillas, crackers, salami, cheese, peanut butter, jelly, tuna fish, pasta and trail mixes. The amount of physical activity you experience during your course demands a nutritious diet to help fuel your body. Junk food is not available on course.



If you have special diet requirements, make sure we are aware by recording these requirements in your Medical Record booklet. For more information on nutrition, refer to the Medical Record booklet.

HYGIENE

You will be outside while on course and won't have access to a shower or bath. You will be able to do basic cleanup every day: brush your teeth, wash your face and comb your hair. At the end of your course, you will be able to do a more thorough cleanup. Our staff are very skilled in field hygiene so please don't hesitate to approach them with any questions or concerns.

WASTE MANAGEMENT

Since North Carolina Outward Bound is an outdoor program, you can expect to learn and use Leave No Trace camping techniques. Know that it is natural to have questions regarding sanitation in an outdoor setting. Your instructors will answer your questions and will teach you the hygienic and environmentally safe way to dispose of waste.



BACKPACKING

During your course, you will be backpacking approximately three to four days. During this component you learn safety precautions for backcountry foot travel, how to find campsites, how to navigate terrain as well as how to use a map and compass. Equally important will be time spent learning conflict resolution, communication styles, leadership and team building. After practicing these skills, your instructors will step back and let you and your crew work together to collectively navigate through the wilderness.

Since your crew's navigation depends on individual and group decision making, your crew could make some

navigational errors along the way. You may hike 12 to 15 hours in one day to reach your destination or you could go three miles uphill one day and 12 miles over varied terrain the next day. The backpacks can weigh 55+ pounds. Remember, **PHYSICAL PREPARATION IS KEY!**



ROCK CLIMBING AND RAPPELLING

Weather permitting, you may spend up to two days rock climbing and rappelling. With a focus on the practice of safety, your lessons will start with the basics, such as working with ropes and learning to tie knots used for climbing and rappelling. You will progress to:

Top-Rope climbing or "top-roping": A style of rock climbing in which a rope runs from a belayer at the foot of a route through one or more carabineers connected to an anchor system at the top of the route and back down to the climber. The rope is attached to the climber by means of a harness.

Rappelling: A means of controlled descent to lower yourself down a cliff, rock face or some other high location.

Depending on weather and group dynamics, your crew may have an opportunity to experience a high ropes course.

SELF-REFLECTION/SOLO

Self-reflection time is an an opportunity to relax after challenges completed and recharge for challenges ahead. It is also a good time to write in the journals we provide.

Your instructors will determine if solo is appropriate for you and your crew. Solo is not a "survival test" and you are not dropped in a remote area. Your entire crew is spread out in a designed area. Solo will not exceed 24 hours. Your instructors will teach you procedures to follow during solo and monitor you during this experience. You will know the location of your instructors' solo site should you need to contact them. You are given a whistle, food, water, sleeping bag and a personal tarp to create your shelter.

PERSONAL CHALLENGE EVENT

At the end of your course, you will participate in a personal challenge event. This is a great time to see how much your physical fitness and endurance have improved since you began your course. This event will be a running activity. It is not a race. Your instructors set a certain route for your crew, and you complete the route at a level that will challenge you the most.

CLOTHING AND GEAR - (MAY-SEPTEMBER)

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

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) and your instructors will teach you and your crew how to pack for your expedition. 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.

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. Our courses are meant to push participants out of their comfort zones. Part of this “push” includes stepping away from electronic devices. Electronic devices can be very distracting and can disrupt the wilderness experience.

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 for the duration of the 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 delivery is not available on 4-9 day courses.

Emergency Communication: If a family emergency occurs while the course is in progress, emergency messages can be relayed by calling our toll-free number (800-878-5258) on weekdays 8:30 AM – 5:00 PM Eastern time. Before your course begins, you will receive an e-mail that will provide 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.

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 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 lightweight fleece jacket or pullover (100 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 lightweight synthetic long underwear top
- 1 mediumweight synthetic long underwear top
- 1 long sleeved, light colored button up shirt
- 2-3 synthetic t-shirts
- 1-2 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 lightweight synthetic long underwear bottom
- 1-2 pairs of quick-dry nylon trekking pants (can be the type that converts to shorts)
- 1-2 pairs of quick-drying nylon shorts (at least one with liner; no “short shorts”)
- 2-6 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.
- 2-4 pairs of mediumweight wool or synthetic 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 tube of sunscreen SPF 30+ (should be less than 1 year old)¹
- 1 lip balm SPF 30+ or greater
- 2 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™
- 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
- 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.