



WHAT WE SUPPLY

North Carolina Outward Bound supplies you with the technical equipment needed for your course including a kayak, dry bag, 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

Eastern Mountain Sports - www.ems.com

Sierra Trading Post - www.sierratradingpost.com

Campmor - www.campmor.com

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.

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 dry bag 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.

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

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

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 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.

MAIL

Because of the remote nature of the course area, mail delivery is not available on Outer Banks courses.

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.

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

White or light colors are cooler in hot climates; in addition, they attract fewer biting insects. Avoid black or dark colors.

- 360° wide brim hat with strap and 1.5” or greater brim (for sun protection)
- 1 synthetic/wool cap that covers your ears
- 2 synthetic T-shirts
- 1 medium-weight synthetic long underwear top
- 1 medium-weight synthetic long underwear bottom
- 1 synthetic fleece jacket or synthetic/wool sweater
- 1 loose fitting synthetic long sleeved shirt (light-weight nylon blend best for sun and bug protection)
- 1 pair loose fitting nylon/synthetic pants
- 1-2 sports/jog bras
- 2 pair synthetic quick-drying shorts
- 2-3 pair synthetic/silk underwear or boxer shorts
- 1 pair of secure fitting shoes, **that enclose the entire foot** and have a **hard sole**, such as old running shoes or sneakers. These shoes will be worn when paddling and WILL get wet.

Do not bring any open toed and/or open heeled and/or open side sandals (Teva, Chaco, Keen), clog type shoes or flip flops (Crocs), Vibram 5-finger shoes, aqua socks or low cut slip-on shoes. These types of footwear will not protect your feet from sharp oyster shells found throughout the course area.

- 1 pair of running shoes/sneakers - These shoes will be worn in camp.
- 1 pair heavy synthetic/wool socks
- 2 pair synthetic light-weight socks
- 1 extra set of casual clothes for your trip home

REQUIRED GEAR

- 1 tube of waterproof lip balm SPF 30 or greater
- 1 16 oz. or larger tube of waterproof sunscreen SPF 30+ (Sunscreen should be less than one year old.)
- 1 water bladder with bite-valve (Platypus, MSR). Hydration backpacks are not recommended.
- 1 LED type headlamp with 1 spare set of batteries (keeps hands free.) **Avoid halogen bulbs to prolong battery life.**
- 1 pair sunglasses (with a strap and a crush proof case)
- 2 bandannas (Ladies, you may wish to bring an extra-see your Feminine Care letter.)
- 1 small bottle of foot powder (Gold Bond is highly recommended).
- 1 old flat sheet (to cover up from bugs on hot nights)
- 2 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 (refer to “Money,” page 2)

CLOTHING AND GEAR LIST

OPTIONAL CLOTHING AND GEAR

These items are highly recommended by past students.

- 1 small plastic bottle of insect repellent (28-30% DEET or Citronella - NO aerosol or wipes)
The best protection from biting insects and bugs is a physical barrier of clothing.
- 1 pair light-weight gloves or paddling gloves (for sun/blister protection)
- 1 unlined nylon shell windbreaker
- 1 bug headnet (highly recommended)
- 1 cotton or synthetic long sleeved button up shirt to be worn as a bug shirt.
- 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. NO CROCS OR FLIP FLOPS! Worn with instructor approval only. **If you choose to bring sport sandals you must also bring the two required pieces of footwear listed on page 3.**
- 1 Crazy Creek™ type chair
- 1 camera and film or extra digital storage device (waterproof disposable recommended)
- 2 1-gallon size zip-lock bags
- 1 sarong - A long length of light-weight, lightly-colored cloth

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.

PHYSICAL CRITERIA

If one or more of the following criteria apply to you, you may not fit comfortably in one of our sea kayaks. Please contact your Student Services Representative if your:

- Height is 6 ft. +
- Weight is 275 lbs. +
- Shoe size is Men's 12 +