



What We Provide

The North Carolina Outward Bound School supplies you with the technical equipment needed for your course including a backpack, sleeping bag, sleeping pad, 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.

Money

You should bring approximately \$200-300 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 Pelican type case, a small “dry bag” or a 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.

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

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.

Footwear Guidelines

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.

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.

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.

Upper Body Insulation

- 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 heavy 300-weight fleece jacket
Loose enough to have a couple of layers underneath. We recommend the synthetic fill jacket over the heavy weight fleece. Synthetic fill jackets are a bit more expensive than fleece, but are lighter, warmer and provide better wind protection.
- 1 light-weight synthetic long underwear top
- 1 long sleeved, light colored cotton t-shirt or button up camp shirt
- 1 long sleeved synthetic t-shirt
- 3 t-shirts: 2 may be cotton
- 2 Sport/jog bras (as applicable)

Lower Body Insulation

- 1 pair 200 weight synthetic or fleece pants
- 1 light-weight synthetic long underwear bottom
- 1 pair of quick-dry nylon trekking pants (can be the type that converts to shorts)
- 1 pair of nylon quick-drying shorts
- 3 pairs of synthetic/silk boxer shorts (Men)
- 3 pairs of synthetic/silk underwear (Women)

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 withstand heavy use in dense underbrush.

- 1 3-ply Gore-Tex or similar high quality (Triple Point Ceramic, H2No Storm) Waterproof / Breathable Jacket with a 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, Lowe Alpine and Mountain Equipment Co-op.
- 1 pair of Gore-Tex or similar high quality Waterproof/Breathable Pants. The same brands as above are recommended.

If you already own a waterproof jacket and/or pants described above and it is more than a year old, put it on over a dark T-shirt and dark underwear, put the hood up, and stand under your shower for several minutes making sure to douse the entire jacket and pants, especially around the shoulders of the jacket. Leaks will show on the dark cotton fabric. If in doubt, get a new jacket.

Head

- 1 medium weight fleece or wool hat that cover your ears
- 1 baseball cap or wide brimmed sun hat
- 2 bandannas (Ladies, see your Feminine Care letter.)

Eyes

- 1 pair of sunglasses (97% UV protection)
- Retainer Straps (make sure they snugly fit your glasses and have an adjustable strap)
- Prescription eyewear (if applicable)
Bring an extra pair in case of loss or damage. If you have limited vision without your glasses, bring prescription sun glasses(97% UV protection) or bring high quality ski goggles (97% UV protection) that fit over your prescription glasses.
- Hard Case for storage of glasses

Hands

- 1 pair of warm fleece or wool gloves or mittens

Feet

- 1 pair of medium weight hiking boots
- 1 pair of lightweight running shoes
- 1 pair sport sandals (Chaco or Teva types, worn with instructor approval)
- 2 pairs of heavy-weight wool or synthetic socks
- 2 pairs of medium-weight wool or synthetic socks
- 3 pairs of synthetic liner socks
- 4 pairs of cotton socks

Gear

- Passport and 2 photocopies of the front page
- Airline tickets or e-mail confirmations and 1 photocopy of each ticket or e-mail confirmation
- Argentina Entry Fee - US \$140 (subject to change)
- Cash, ATM Card, Credit Card.
Taking money out of an ATM or changing cash at the airport is your best option. Advise your bank that you will be traveling to Argentina to avoid issues with ATM service. You will be able to cash-in travelers checks or use the ATM during days in town. Credit cards are accepted in some places but are of less use for smaller purchases in Argentina.
- Prescription medication
- 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
- Trekking poles (recommended for those with weak knees, weak ankles or foot problems)
NCOBS can provide non-telescoping trekking poles.
- 1 Swiss Army type knife or multi-tool with can opener.
- 1 Waterproof watch with alarm setting
- 1 Large bottle of Sunscreen and 1 small tube or refillable bottle (SPF 30+)
- 2 Chapsticks, SPF 30+
- 1 small bottle of insect repellent, not aerosol
- 3 pens
- 1 small notebook/journal
- 1 small comb or brush
- 1 toothbrush and toothpaste
- 1 small bottle of no-rinse hand sanitizer
- 1 towel (for use on town days and at course end)
- Travel sized toiletries (soap, shampoo, etc)

Gear

- Box of Ziplock bags (gallon size) for camera, journal, etc.
- 1 sets of extra clothes for travel and in-town days. Can be cotton.
- 1 set of work clothes for service projects Can be cotton.

Optional Items

Although it's nice to go light, here are some recommendations from alumni:

- 1 pair of heavy duty work gloves
- 1 pair of gaiters to cover your boot uppers to keep dirt out

Recommended if you are attending course in October

- 1 money belt or neck pouch for carrying valuables under your clothing while traveling
- Spanish/English Dictionary or phrase book
- Day pack or book bag
- Camera and film
- Gold Bond Powder.

Used like baby powder to help dry out and sooth feet and body after wet days.

- Insulated Thermos, up to 1 liter capacity

Highly recommended

- 1 pair of waterproof shell gloves/mittens for those who get cold hands easily
- 1 personal sleeping bag - recommended for smaller sized people (<5'3"/<120 lbs.).

Consider bringing your own sleeping bag to help reduce the weight of your backpack. Outward Bound will provide you with a sleeping bag, however, it may be one that is heavy and big to carry for smaller people within a small backpack.

IMPORTANT: Sleeping bag must be SYNTHETIC (NOT down!) and rated at least 0 degrees F, down to -15 degrees F. If you arrive with an inappropriate sleeping bag, you will be given one by Outward Bound to use for your course.

Important Note About Medications

Refer to page one of your Medical Record booklet under **Medications**, and page 1 of this booklet, under **Medications** for requirements