



NORTH CAROLINA OUTWARD BOUND SCHOOL

PACKING LIST

When packing, please remember:

- Your clothing will finish the course with you, but not in the same state, it left! It will get dirty, torn...etc. so **bring OLD clothes** or clothing that you won't mind parting with. We recommend (as our instructors do) buying clothing from thrift stores if you need to buy any of the below items.
- **Wool keeps you warm when wet:** cotton does not work well in the wilderness. In general, wool or synthetic clothing (exercise pants, quick dry, nylon, polyester, work out gear) will keep you more comfortable.
- Please pack lightly.

PLEASE BRING

- 4 pairs of underwear
- 3 sports bras
- 4 pairs of socks (1 pair long)
- 3 T-shirts or tank tops (**preferably non-cotton**) please no shirts with alcohol, tobacco or offensive slogans)
- 2 long sleeved shirts (1 loose, button-down, long sleeved shirt for bugs)
- 2 pairs of long nylon pants (basketball warm up pants or wind pants. Jeans are not acceptable.
- 3 pairs of sport shorts (**NO JEANS or COTTON**)
- 2 pairs of tennis shoes (one wet, one dry)
- 1 hat or visor
- 1 pair of sunglasses
- 2 bandanas
- 1 jacket (nylon windbreaker recommended)
- 1 small hand-sized towel
- 1 bed sheet, to be used as sleeping bag liner
- 1 toothbrush and 1 small tube of toothpaste
- Sunscreen (30 SPF or above and **non-aerosol**)
- Bug spray (**non-aerosol**)
- Lip block (chap stick with sunscreen/SPF in it)
- 5 quart- or gallon-sized zip-lock bags
- Letter writing material, including stamps and pencils (no pens)
- A journal or small notebook
- Gloves (to keep the bugs away, gardening gloves work great)
- Bring one set of clean clothing to be left at base to wear for course ending. Place this in a separate, labeled bag (grocery bags work great!)

WINTER ITEMS

If you are taking a course in **OCTOBER, NOVEMBER, DECEMBER, JANUARY, FEBRUARY, OR MARCH** please bring:

- 1 Complete set of thermal underwear
- 1 Wool hat
- 1 Pair of wool socks
- 1 Set of mittens or gloves
- 2 Wool sweaters or 1 fleece jacket
- 1 Pair rubber boots (optional)

OPTIONAL ITEMS

- Disposable camera
- 1 bottle of Gold Bond Powder or Baby Powder
- Baby wipes (unscented)
- Comb or brush
- Sarong

DO NOT BRING

- Valuables
- Jewelry
- Money
- Cigarettes
- Drugs
- Alcohol
- Make-up
- Deodorant
- Knife
- Watch
- Radio
- Candy...etc.

IF YOU HAVE ANY QUESTIONS ABOUT WHAT TO BRING, PLEASE FEEL FREE TO CALL THE BASE at

321.268.5666 BEFORE THE COURSE STARTS.