

# NCOAE Equipment List

## IC Course

Please do not pack jeans or jean shorts. If you have a choice, please pack non-cotton clothing. Mesh or synthetic clothing dries quickest and therefore is the best option while kayaking.

**Please also do not bring any technology (i.e. cell phone, tablets or MP3 player)**

**For questions, call NCOAE headquarters at (910) 399-8090.**

| Backpacking Equipment                         |                               |           |   |                          |
|---|-------------------------------|-----------|---|--------------------------|
| Equipment                                     | Requirement                   | Qty.      | Comments  | Check List               |
| Backpacking Pack                              | Must bring, or NCOAE provides | 1         | Internal Frame Backpack. Pack with a volume of 65 to 85 liters is required (4,000 - 5,200 cubic inches).  | <input type="checkbox"/> |
| Footwear                                      |                               |           |   |                          |
| Equipment                                     | Requirement                   | Qty.      | Comments  | Check List               |
| Mid-Weight Hiking Boot                        | Must bring                    | 1         | Mid-Weight Hiking Boot.   | <input type="checkbox"/> |
| Hiking Socks – Crew Length                    | Must bring                    | 3-4 pairs | Must be a wool/synthetic blend, 40%–70% wool. Wool/nylon or wool/polyester blends work well. <b>No cotton or wool-cotton blends.</b>                                  | <input type="checkbox"/> |
| Camp Shoes                                    | Must bring                    | 1         | <b>Must be close-toed or sandals with a heel strap.</b> Lightweight sneakers work well. These are for around camp.  | <input type="checkbox"/> |
| Flip Flops                                    | Must bring                    | 1         | For the beach & shower  | <input type="checkbox"/> |
| Water Shoes                                   | Optional                      | 1         | Aqua-socks or sandals with a heel strap   | <input type="checkbox"/> |
| Upper Body Clothing                           |                               |           |   |                          |
| Equipment                                     | Requirement                   | Qty.      | Comments  | Check List               |
| Base Layer - Long Underwear Top               | Must bring                    | 1-2       | Mid-weight synthetic or wool is best.   | <input type="checkbox"/> |
| Fleece or Lightweight Jacket                  | Must bring                    | 1         | Light- to mid-weight jacket that fits over your base layers. No cotton hoodies or jackets.  | <input type="checkbox"/> |
| Fleece Vest                                   | Optional                      | 1         | Light- to mid-weight fleece vest jacket that fits over your base layers.  | <input type="checkbox"/> |
| T-Shirt (no tank tops)                        | Must bring                    | 4-5       | We strongly recommend synthetic, lightweight polyester shirts.  | <input type="checkbox"/> |
| Long Sleeved Shirt                            | Must bring                    | 1         | Nylon or polyester long-sleeved shirt or wind shell is best. Should be roomy enough to fit comfortably over your base layers. For protection from bugs, wind, or sun. | <input type="checkbox"/> |
| Rain Jacket                                   | Must bring                    | 1         | Your rain jacket should be roomy enough to fit comfortably over all upper-body layers. <b>Ponchos are NOT acceptable.</b>   | <input type="checkbox"/> |
| Lower Body Clothing                           |                               |           |   |                          |
| Equipment                                     | Requirement                   | Qty.      | Comments  | Check List               |
| Base Layer - Long Underwear Bottoms or Tights | Must Bring                    | 1-2       | Mid-weight synthetic or performance wool is best.   | <input type="checkbox"/> |
| Rain Pants                                    | Must Bring                    | 1         | These need to fit comfortably over your hiking pants.   | <input type="checkbox"/> |
| Hiking Pants                                  | Must Bring                    | 2-3       | Nylon or polyester hiking pants are recommended for protection from bugs and dense vegetation.  | <input type="checkbox"/> |
| Shorts  | Must Bring                    | 2-3       | Light weight, quick drying (like board shorts or mesh) athletic short. These should long enough to cover the length of your thigh to prevent chafing.                 | <input type="checkbox"/> |

| Miscellaneous Clothing                  |             |           |   |                          |
|---|-------------|-----------|---|--------------------------|
| Equipment                               | Requirement | Qty.      | Comments  | Check List               |
| Sun Hat or Baseball Cap                 | Must Bring  | 1         | Should be wide-brimmed to protect from sun.   | <input type="checkbox"/> |
| Winter Hat                              | Must Bring  | 1         | Any fleece or wool hat that will fully cover your ears.   | <input type="checkbox"/> |
| Gloves                                  | Must Bring  | 1         | Lightweight to mid-weight wool or synthetic gloves, for cold mornings or evenings.  | <input type="checkbox"/> |
| Underwear                               | Must Bring  | 4-8       | 4-8 pairs of underwear; 2 bras.   | <input type="checkbox"/> |
| Bandana                                 | Must Bring  | 1         | For multiple uses.  | <input type="checkbox"/> |
| Buff                                    | Optional    | 1         | Used to keep your head, neck, and ears warm – replaces a scarf or light cap.  | <input type="checkbox"/> |
| Swimsuit                                | Optional    | 1         | For break time, if choose to go to beach.   | <input type="checkbox"/> |
| In-Town Clothes                         | Must Bring  | 2-3 pairs | Bring several sets of “in-town” clothes for the first few days and a set to change into the last day of the course.   | <input type="checkbox"/> |
| Sleeping Gear                           |             |           |   |                          |
| Equipment                               | Requirement | Qty.      | Comments  | Check List               |
| Sleeping Bag w/ Stuff Sack              | Must Bring  | 1         | Temperature rating of 25 degrees F or colder. Synthetic, not down recommended.  | <input type="checkbox"/> |
| Sleeping Pad                            | Must Bring  | 1         | Closed-cell foam or self-inflating pads.  | <input type="checkbox"/> |
| Miscellaneous Gear                      |             |           |   |                          |
| Equipment                               | Requirement | Qty.      | Comments  | Check List               |
| Required Medication (if applicable)     | Must Bring  | 1 Set     | <b>Bring enough to last the entire trip.</b> All medications must be in the original bottle with instructions for administration, and your name on it. Please pack all prescribed medicine. | <input type="checkbox"/> |
| Toiletries                              | Must Bring  | 1 Set     | Toothbrush, Toothpaste, Lip Balm w/Sunscreen, Wipes, Moisturizer, Feminine Hygiene products. Travel sizes of 2-3 ounce are preferable.  | <input type="checkbox"/> |
| Headlamp or Flashlight                  | Must Bring  | 1         |   | <input type="checkbox"/> |
| Waterbottle – 32 oz                     | Must Bring  | 2         | Heavy, durable plastic or metal bottle. Must be at least 32 oz.   | <input type="checkbox"/> |
| Cup                                     | Must Bring  | 1         | Durable plastic or metal for hot drinks.  | <input type="checkbox"/> |
| Bowl                                    | Must Bring  | 1         | Durable plastic or metal for hot drinks. Tupperware or Nalgene style bowl preferred - 16-30 ounce capacity, with a lid.   | <input type="checkbox"/> |
| Spoon & Fork or Spork                   | Must Bring  | 1 Set     | Plastic or metal utensils   | <input type="checkbox"/> |
| Towel                                   | Must Bring  | 1         | A pack towel that is compressible, lightweight, quick-drying, and made of a microfiber or microfiber blend might be of use after heavy rain, if wet and want to dry off.                    | <input type="checkbox"/> |
| Insect Repellent                        | Must Bring  | 1         | Small, travel sized bottle – NO AEROSOLS.   | <input type="checkbox"/> |
| Sunscreen                               | Must Bring  | 1         | Small, travel sized bottle – NO AEROSOLS. SPF 30 or greater.  | <input type="checkbox"/> |
| Prescription Glasses and Contact Lenses | Must Bring  | Multiple  | If you wear prescription glasses or contact lenses, bring a spare set. Even if you wear contacts daily, plan to carry a pair of glasses.  | <input type="checkbox"/> |
| Eyeglasses Strap                        | Optional    | 1         | Good brands are Chums and Croakies.   | <input type="checkbox"/> |
| Sunglasses                              | Optional    | 1         | Durable, with UV protection.  | <input type="checkbox"/> |
| Trekking Poles                          | Optional    | 1-2       |   | <input type="checkbox"/> |
| Notebook w/ Pen or Pencil               | Must Bring  | 1         | A notebook for journaling, note taking, or drawing.   | <input type="checkbox"/> |

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| Optional Items                       |             |      |  |                          |
|--------------------------------------|-------------|------|--|--------------------------|
| Equipment                            | Requirement | Qty. | Comments   | Check List               |
| Camera                               | Optional    | 1    | Small, durable, waterproof camera. Bring extra battery.                    | <input type="checkbox"/> |
| Book                                 | Optional    | 1    | A small book for reading.  | <input type="checkbox"/> |
| Cards / Small Card Game              | Optional    | 1    | A small card game (deck of cards, UNO, etc.) for down time                 | <input type="checkbox"/> |
| Small Stuff Sacks or Gallon Zipplocs | Optional    | 2-3  | Used to organize items in your pack. Lightweight dry sacks are convenient. | <input type="checkbox"/> |
| Comb or Brush                        | Optional    | 1    | Must be small, travel sized.   | <input type="checkbox"/> |
| Camp Pillow                          | Optional    | 1    | Should be small, made out of a synthetic material and compressible.        | <input type="checkbox"/> |
| Camelback                            | Optional    | 1    | For use inside backpack. Must also bring a water bottle.                   | <input type="checkbox"/> |

| NCOAE Will Supply  |                                  |                                      |
|--|----------------------------------|--------------------------------------|
| Students share both the use of and the responsibility for the group gear that NCOAE dispenses. |                                  |                                      |
| Tents & Tarps  | Pack Liners                      | Toilet Paper & Trowel                |
| Stoves, Fuel Bottles & Fuel  | Maps & Reference Books/Materials | Compass & Whistle                    |
| Cooking Gear & Spice Kit   | Course Food                      | Water Treatment                      |
| Rock Climbing Gear   | Repair Kit                       | Group Sunscreen & Bug Spray          |
| First Aid Kit  | Bear Bags & Canisters            | Soap, Hand Sanitizer & Hygiene Wipes |