

NCOAE Equipment List

North Carolina – 7-day Teen River Expedition



The National Center for Outdoor & Adventure Education (NCOAE) equipment list of required and optional gear will help you decide what to bring and what not to bring on your NCOAE adventure.

When it comes to outdoor equipment, there's no need to go all out and buy every piece of fancy gear just to cram in into your new, state of the art backpack. Remember you will be carrying everything you bring with you on your trip – PLUS some of the food and some of the group gear. Foremost in your mind should be weight, each item adds up to what will eventually be strapped to your back. So do the research, read the labels and consider what you can do without. If you don't need something, don't bring it!

You can save money too using the gear provided by NCOAE and by purchasing many items from the athletic clothing, sporting goods, and camping sections at your local discount store, such as Target. Athletic clothing is usually synthetic and works well for camping.

- If you have questions about gear you already own, send us an e-mail or call and we will assess its suitability for the environment where it will be used. We might suggest that you return your grandfather's heavy cotton sleeping bag to the garage and rent or purchase a lightweight, synthetic version instead. **Any gear you bring must meet NCOAE's standards.**
- If you prefer to purchase all of your gear that's fine too, but if you're not sure you'll ever use that \$400 internal frame backpack or sleeping bag again, we may have one available to rent! Of course you don't have to rent equipment from us, but our gear is tailor-made to fit our expeditions
- All participants who wish to rent gear must pay a \$250 deposit on gear to cover possible loss or damage. If all gear is returned in the condition in which you received it, the full deposit will be applied to any rental charges, and the remainder returned to you – so inspect the gear closely before and after renting. Damaged or lost group gear expenses are divided among all participants. Damaged or lost rental gear is charged to the renter. All rental gear is \$25 per item.
- 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 backpacking.
- **Do not bring any technology (i.e. cell phones, tablets, MP3 players, etc.)**
- Items listed below with an asterisk (*) may be available, in limited quantities, for student rental, on an as needed basis.

**Comments, questions, concerns... Call NCOAE Headquarters Monday through Friday
between the hours of 8:30am-4:30pm EST at (910) 399-8090.**

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Packs and Bags				
EQUIPMENT	REQUIREMENT	QUANTIT	COMMENTS	CHECK LIST
Internal Frame Backpack*	Must Bring, or Rent-\$25.00	1	Internal frame backpack, with a volume of 65 to 75 liters.	<input type="checkbox"/>
Ziplocs or Waterproof Stuff Sacks	Must bring	1-4	Used to organize items in your pack. Lightweight drysacks are convenient (example: eVent Sil DrySack).	<input type="checkbox"/>
Zip Duffel	Must bring	1	Used to organize and store food while at camp. (Example: Outdoor Products 12x24 Deluxe Duffel).	<input type="checkbox"/>
Dry Bag	Must bring	1	Used to organize and store clothing while on the river. (Example: Sealline Dry Bag, 20-40 liters).	<input type="checkbox"/>
Footwear				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Camp Shoes	Must Bring	1 pair	Closed-toed shoes are a must, to protect your feet for day hiking and wearing around camp. Old tennis shoes work well.	<input type="checkbox"/>
Socks	Must Bring	3-4 pairs	Non-cotton hiking socks recommended. Wool, merino wool, or synthetic-wool blend.	<input type="checkbox"/>
Water Shoes / Sandals	Must Bring	1 pair	Must have a heel strap. For protection from rocks, sharp objects, or in case you happen to fall out of the raft.	<input type="checkbox"/>
Upper Body Clothing				
You need at least three insulating layers : Make sure your layers fit comfortably over each other. Example combination: Mid-weight long underwear + t-shirt + rain jacket.				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Base Layer - Long Underwear Top	Must Bring	1	Mid-weight synthetic or wool is best.	<input type="checkbox"/>
Fleece or Light Jacket	Must Bring	1	Light- to mid-weight fleece or synthetic-fill jacket that fits over your base layers. No cotton hoodies or jackets.	<input type="checkbox"/>
T-Shirt	Must Bring	2-3	We recommend synthetic, lightweight polyester shirts.	<input type="checkbox"/>
Long Sleeved Shirt	Must Bring	1	Nylon or other synthetic long sleeved shirt, roomy enough to fit over base layers. Protection from the sun, bugs, wind, or brush.	<input type="checkbox"/>
Rain Jacket*	Must Bring	1	Your rain jacket should be roomy enough to fit comfortably over all upper-body layers. Ponchos are NOT acceptable.	<input type="checkbox"/>
Lower Body Clothing				
You need two to three lower-body insulating layers that fit comfortably over each other and underneath your rain pants. Example combination: Mid-weight long underwear + hiking pants + rain pants.				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Base Layer - Long Underwear Bottoms / Tights	Must Bring	1 pair	Mid-weight synthetic or performance wool is best.	<input type="checkbox"/>
Rain Pants	Must Bring, or Rent - \$25.00	1 pair	These need to fit comfortably over your hiking pants.	<input type="checkbox"/>

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Hiking Pants	Must Bring	1 pair	Nylon or other synthetic hiking pants are recommended for protection from bugs and dense vegetation.	<input type="checkbox"/>
Nylon Shorts	Must Bring	1-2 pair	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	QUANTITY	COMMENTS	CHECK LIST
Sun Hat or Baseball Cap	Must Bring	1	Should be wide-brimmed to protect from sun.	<input type="checkbox"/>
Swimsuit	Must Bring	1	Necessary for paddling parts of the adventure.	<input type="checkbox"/>
Buff	Optional	1	To protect you head, neck, and ears from the wind and sun.	<input type="checkbox"/>
Bandana	Must Bring	1	For multiple uses.	<input type="checkbox"/>
Underwear/Bras	Must Bring	4-7 pairs of underwear; 2 Bras	Undergarments made from merino wool or synthetic to wick moisture are highly recommended. Cotton briefs for women are acceptable.	<input type="checkbox"/>
In Town Clothes	Must Bring	1 pair	Comfortable, casual set of clothes for wearing home at the end of your course.	<input type="checkbox"/>
Sleeping Gear				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Mummy Style Sleeping Bag w/Stuff Sack	Must Bring, or Rent - \$25.00	1	Temperature rating of 30 degrees F or colder. Recommend synthetic and a compression stuff sack.	<input type="checkbox"/>
Sleeping Pad	Must Bring, or Rent - \$25.00	1	Closed-cell foam or self-inflating pad.	<input type="checkbox"/>
Miscellaneous Gear				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Required or Prescription Medication (if applicable)	Must Bring	1 Set	Bring enough to last the entire trip. All medications must be in the original bottle with instructions for administration, and the student's name on it. Please pack all prescribed medicine.	<input type="checkbox"/>
Toiletries (2-3 oz travel size)	Must Bring	1 Set	Toothbrush, Toothpaste, Lip Balm w/Sunscreen (SPF 15 or higher), Feminine Hygiene products. <i>Shampoo, Conditioner, Face Wash, Soap for post-trip use only.</i>	<input type="checkbox"/>
Camp Towel	Must Bring	1	A pack towel that is compressible, lightweight, quick-drying, made of a microfiber or microfiber blend. For use after getting in water or sweating.	<input type="checkbox"/>
Comb or Brush	Optional	1	Must be small, travel sized.	<input type="checkbox"/>
Headlamp	Optional – NCOAE provides	1	Durable and lightweight	<input type="checkbox"/>
Waterbottle – 32oz	Optional – NCOAE provides	2	Heavy, durable plastic. Must be at least 32 oz.	<input type="checkbox"/>

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Hydration System	Optional	1	Can be used to replace one durable waterbottle. CamelBak or Platypus are popular.	<input type="checkbox"/>
Bowl, Cup, & Spoon/Spork	Optional – NCOAE provides	1 each	Durable, lightweight plastic or metal.	<input type="checkbox"/>
Sunglasses	Optional	1	Durable with UV protection.	<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		<input type="checkbox"/>
Camp chair or sit pad	Optional	1	Lightweight, portable seat for increased comfort when sitting on ground.	<input type="checkbox"/>
Optional Items				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK LIST
Camera	Optional	1	Small, waterproof & shockproof camera. Bring extra battery and memory card. You are not permitted to bring cell phones or tablets into the backcountry, even for camera use.	<input type="checkbox"/>
Book	Optional	1	A small, lightweight book for reading.	<input type="checkbox"/>
Small Card Game or Cards	Optional	1	For down time.	<input type="checkbox"/>
Small Stuff Sacks or Gallon Ziplocs	Optional	2-3	Used to organize items in your pack. Lightweight dry sacks are convenient.	<input type="checkbox"/>
Camp Pillow	Optional	1	Should be small, made out of a synthetic material and compressible.	<input type="checkbox"/>
NCOAE Will Supply				
Students share both the use of and the responsibility for the group gear that NCOAE dispenses.				
Tents	Group Tarp		Dry Bags	
Sleeping Bag & Stuff Sack	Sleeping Pad		Headlamp	
Stoves, Fuel Bottles & Fuel	Maps & Reference Books/Materials		Compass & Whistle	
Cooking Gear & Dishwashing Supplies	Course Food & Spice Kit		Water Treatment	
Bowl & Spoon	Nalgene Water Bottles (2)		Notebook w/Pen or Pencil	
Bear Canisters or Bags	Soap, Hand Sanitizer & Hygiene Wipes		Toilet Paper & Trowel	
First Aid & Repair Kit	Group Sunscreen & Bug Spray		Paddling Equipment	