

NCOAE Equipment List

Pacific Northwest – 14-day Teen Leadership 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 or Walmart. 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 borrow 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 use! Of course you don't have to borrow equipment from us, but our gear is tailor-made to fit our expeditions
- 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.
- Remember to bring one or two sets of "in-town clothes" for your return flight / drive after the trip!
- **Do not bring electronics (i.e. cell phones, tablets, smart watches, MP3 players, etc.)** - If flying unaccompanied to/from the trip location, please bring your cell phone with you while traveling. At check-in, all cell phones and other electronics will be collected by NCOAE staff and secured in a lock box until your group returns from the field.
- Items listed below with an asterisk (*) may be available, in limited quantities, for student use 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 | QUANTITY | COMMENTS | CHECK LIST |
| Internal Frame Backpack | NCOAE provides | 1 | Internal frame backpack, with a volume of 75 to 85 liters is ideal (4,576-5,200 cubic inches). | <input type="checkbox"/> |
| Waterproof Stuff Sacks / Gallon Ziplocs | Must Bring | 1-4 | Used to organize items in your pack. Lightweight drysacks are convenient (example: eVent Sil DrySack). | <input type="checkbox"/> |
| Day Pack | Must Bring | 1 | Small backpack for use on day hikes or trips into town. | <input type="checkbox"/> |
| Zip Duffle | Must Bring | 1 | Used to organize and store items while at camp. (Example: Outdoor Products 12x24 Deluxe Duffle). | <input type="checkbox"/> |
| Dry Bag | Optional – NCOAE provides | 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 |
| Waterproof Mid-Weight Hiking Boot* | Must Bring | 1 pair | Must be waterproof and at least mid-weight. Please read the Boot Selection Guide at the end of this list. | <input type="checkbox"/> |
| Camp Shoes | Must Bring | 1 pair | Closed-toed shoes are a must to protect your feet and are more comfortable for wearing in camp. | <input type="checkbox"/> |
| River Shoes / Sandals | Must Bring | 1 pair | Recommend closed-toed for protection from rocks, sharp objects, or in case you fall in the water. Must have heel strap. (Example: Keens, Chacos). NO CROCS. Can double as your camp shoes. | <input type="checkbox"/> |
| Hiking Socks | Must Bring | 5-6 pairs | Must be 75%–100% wool, merino wool, synthetic-wool, or synthetic. No cotton or wool-cotton blends. | <input type="checkbox"/> |
| Neoprene Socks | Optional | 1 pair | To keep feet warm while paddling. (Example: SealSkinz All Season Waterproof) | <input type="checkbox"/> |
| Gaiters | Optional | 1 pair | Low gaiters are acceptable. | <input type="checkbox"/> |
| Upper Body Clothing | | | | |
| You need three to four insulating layers that fit comfortably over each other, and under your rain gear. If you get cold easily, we suggest that you bring four insulating layers. Example combination: Long Underwear + T-shirt + Fleece Jacket + Rain Jacket. | | | | |
| EQUIPMENT | REQUIREMENT | QUANTITY | COMMENTS | CHECK LIST |
| Base Layer - Long Underwear Top | Must Bring | 2 | Light or expedition-weight synthetic or performance wool is best. (Examples: Patagonia Capilene, Icebreaker wool) | <input type="checkbox"/> |
| Fleece or Light Jacket / Hoodie | Must Bring | 1 | Mid-weight fleece or synthetic jacket that fits over your base layers. No cotton hoodies. | <input type="checkbox"/> |
| Long-Sleeved Shirt / Expedition Pullover | Must Bring | 2 | Must be synthetic. (Examples: Patagonia R1 Hoodie, Mountain Hardwear Expedition-Weight zip-tee) | <input type="checkbox"/> |
| T-Shirt | Must Bring | 3 - 4 | Lightweight synthetic or wool shirts recommended. | <input type="checkbox"/> |
| Fleece or Synthetic-fill Insulated Vest | Optional | 1 | A vest can supplement other upper layers, which is good for folks who get cold easily. (Example: Patagonia Synchilla Vest) | <input type="checkbox"/> |
| Insulated Jacket / Puffy | Must Bring | 1 | A light to mid-weight, warm, synthetic-fill jacket or “puffy” that fits over your base layers. (Example: Patagonia Nano Puff Hoody) | <input type="checkbox"/> |

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| Rain Jacket* | Must Bring | 1 | Must be WATERPROOF. Jacket should be roomy enough to fit comfortably over all upper-body layers. For rainy or stormy days in the backcountry. Ponchos or Frog Toggs 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 wind or rain pants. Example combination: Long Underwear + Hiking Pants + Rain Pants | | | | |
| EQUIPMENT | REQUIREMENT | QUANTITY | COMMENTS | CHECK LIST |
| Base Layer - Long Underwear Bottoms | Must Bring | 2 pairs | Mid- or expedition-weight synthetic or performance wool is best. (Examples: Patagonia Capilene, Icebreaker wool). | <input type="checkbox"/> |
| Insulated or Fleece Pants | Optional | 1 pair | Fleece or synthetic-filled pants if you get cold easily. (Examples: Columbia Fleece Pants, Mountain Hardwear Compressor Pants) | <input type="checkbox"/> |
| Rain Pants* | Must Bring | 1 pair | Must be WATERPROOF. These need to fit comfortably over your hiking pants. | <input type="checkbox"/> |
| Hiking Pants | Must Bring | 1-2 pair | Nylon or other synthetic hiking pants are recommended for protection from bugs and dense vegetation. | <input type="checkbox"/> |
| Nylon Shorts | Must Bring | 1 pair | Nice for warm days. Pockets are nice to have. | <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"/> |
| Winter Hat* | Must Bring | 1 | Lightweight fleece or wool hat that will fully cover your ears. | <input type="checkbox"/> |
| Bathing Suit | Must Bring | 1 | Necessary for paddling parts of the adventure. | <input type="checkbox"/> |
| Buff, Balaclava, or Neck Gaiter | Optional | 1 | Used to keep your head, neck, and ears warm or protect from the wind and sun – can replace a light cap | <input type="checkbox"/> |
| Bandana | Must Bring | 1 | For multiple uses. | <input type="checkbox"/> |
| Glove Liners | Must Bring | 1 pair | Lightweight wool or synthetic gloves may be layered with heavier gloves for warmth or worn alone for sun protection. | <input type="checkbox"/> |
| Waterproof Gloves or Mittens | Must Bring | 1 pair | Wool or synthetic gloves or mittens for cold mornings or evenings around camp. Must be waterproof or must bring waterproof glove/mitten shells. | <input type="checkbox"/> |
| Paddling Gloves | Optional | 1 pair | To keep hands warm or for sun protection while paddling. | <input type="checkbox"/> |
| Underwear/Bras | Must Bring | 7-13 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 | 1-2 pairs | Comfortable, casual set of clothes for in town & for your flight 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 NCOAE provides | 1 | Temperature rating of 20 degrees F or colder. Synthetic, not down recommended. Compression stuff sack recommended. | <input type="checkbox"/> |
| Sleeping Bag Liner | Optional | 1 | To keep you warmer on cold nights. Recommended if you get cold easily at night. Wool or synthetic recommended. | <input type="checkbox"/> |

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| Sleeping Pad* | Must Bring or NCOAE provides | 1 | Closed-cell foam or self-inflating pads. (Example: Therm-a-rest Ridgerest or Z Lite). | <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 your name on it. Please pack all prescribed medicine. | <input type="checkbox"/> |
| Toiletries (small, travel sized only) | Must Bring | 1 Set | Toothbrush, Toothpaste, Lip Balm w/Sunscreen (SPF 15 or higher), Moisturizer, Feminine Hygiene products. Shampoo, Conditioner, & Soap, Washcloth/Loofah, & Facewash for in-town days. | <input type="checkbox"/> |
| Watch w/ Alarm | Must Bring | 1 | Must be waterproof (Example: Timex Expedition) | <input type="checkbox"/> |
| Headlamp | Must Bring | 1 | Durable and lightweight. | <input type="checkbox"/> |
| Extra batteries | Must Bring | 1-2 sets | Bring 1-2 spare sets for headlamp | <input type="checkbox"/> |
| Water bottle, 32oz | Must Bring | 2 | Heavy, durable plastic. Wide-mouth and must be at least 32 oz. | <input type="checkbox"/> |
| Insulated mug | Must Bring | 1 | Durable plastic for hot drinks. | <input type="checkbox"/> |
| Plastic Bowl | Must Bring | 1 | Tupperware or Nalgene style, 16-30 oz capacity, with lid. | <input type="checkbox"/> |
| Spoon or Spork | Must Bring | 1 | Plastic or metal utensils | <input type="checkbox"/> |
| Camp Towel | Must Bring | 1 | Must be compressible, lightweight, quick-drying, made of a microfiber. For use after sweating or after getting in water. | <input type="checkbox"/> |
| Mosquito Head Net | Optional – NCOAE provides | 1 | Mosquitos & blackflies can swarm heavily in summer months. | <input type="checkbox"/> |
| Insect Repellent & Sunscreen | Must Bring | 1 | Small, travel sized bottles – NO AEROSOLS. Sunscreen must be SPF 30 or greater. | <input type="checkbox"/> |
| Sunglasses | Must Bring | 1 | Durable with UV protection. | <input type="checkbox"/> |
| Prescription Glasses / 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"/> |
| Trekking Poles | Optional | 1 set | | <input type="checkbox"/> |
| Optional Items | | | | |
| EQUIPMENT | REQUIREMENT | QUANTITY | COMMENTS | CHECK LIST |
| Camera | Optional | 1 | Small, waterproof camera. 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 Game or Cards | Optional | 1 | For down time. | <input type="checkbox"/> |
| Camp Pillow | Optional | 1 | Small, synthetic and compressible camp pillow. | <input type="checkbox"/> |
| Sit pad or Camp chair | Optional | 1 | Portable seat for increased insulation when sitting on ground. Crazy Creek, sleeping pad adaptor, or make from cut foam. | <input type="checkbox"/> |

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

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Boot Selection Guide

NCOAE has been outfitting people with boots for many years, and our priorities have remained the same: we want you to have footwear that provides adequate protection for your feet and ankles, that is durable enough to withstand weeks of wet, rugged wear and that provides reasonable comfort. Many boots available on the market do not meet these criteria.

When considering footwear, remember that your course may travel off trail. You may be walking through cold streams, and your feet could get wet. You could be in rain or for days. **The type of footwear that you need will depend on how heavy your pack is and how strong your ankles and feet are.**

Here are some features to look for in and hiking boots:

- A sole that provides good traction like Vibram or other lugged sole.
- Some form of nylon shank to provide foot support and protection.
- Ankle support
- Durable uppers that will withstand hiking among sharp boulders and dense vegetation.
- **Boots must be waterproof.** A Gore-Tex liner is recommended, but not required.
- A comfortable fit with your preferred hiking socks. Boots that are too small are a common cause of blisters.

The following list of acceptable footwear is not exhaustive. It is to be used as a guide to the general type of footwear acceptable for your course. It is fine to substitute a similar boot or shoe for one of the types listed here. If you are considering a lighter boot or shoe, you will have to be committed to trimming your pack weight to below 40 lbs. which takes prior commitment to weighing each ounce of your personal gear. Expect to be carrying around 30-45 percent of your own body weight on your back. You will be carrying almost 25 pounds of group gear, so factor that in to your total pack weight.

Sturdy hiking boots:

Salomon: Utra 4 Mid GTX, X Ultra 360 Waterproof
Garmont: Groove Mid G-Dry
La Sportiva: TX Hike GTX
Scarpa: Moraine GTX, Rush GTX
Vasque: Talus Waterproof, Breeze Waterproof
Oboz: Sawtooth Waterproof, Katabatic Waterproof
Merrell: Moab Mid Waterproof
Keen: Targee Mid Waterproof