

NCOAE EQUIPMENT LIST

Camp L.E.A.D. Pro — North Carolina



This equipment list (aka pack list) for The National Center for Outdoor & Adventure Education's (NCOAE) Camp L.E.A.D. Pro day camp and overnight camping trip, contains a rundown of required and optional items to help you and your camper decide what to bring — and what not to bring on your trip.

Pro Tip: When it comes to camping items, there's no need to buy fancy equipment or clothing. You can save money by using the gear provided by NCOAE and purchasing any needed items from discount retailers such as Amazon, Wal-Mart, Sportsman's Warehouse, or Academy Sports & Outdoors. Athletic clothing is usually synthetic and works very well for camping.

Since all gear and clothing must meet our standards, if you have any questions about gear, apparel, or accessories you already own or are considering purchasing, feel free to send us an e-mail or give us a call to determine if such items are suitable. We can be reached by calling (910) 399-8090 or by email at info@ncoae.org.

If you prefer to purchase all of your own personal camping gear, that's fine too. But if you doubt you'll ever use that \$200 sleeping bag again, we recommend using the gear provided by NCOAE.

- Please do not pack cotton clothing. Synthetic (i.e. polyester, nylon) or wool clothing dries fast and is the best option while camping.
- While a small waterproof or disposable camera is allowed, do not bring any technology (i.e., cellphones, tablets, MP3 players, smart watches, etc.).

Your camper only needs two full sets of clothes for the hiking portion of their Camp L.E.A.D. Pro overnight trip. This includes: One set of hiking clothes, one set of camp clothes, and extra layers.

If you have any questions or concerns about purchasing specific items, please contact NCOAE Headquarters for assistance. Those items listed below with an asterisk (*) suggest that NCOAE has a limited amount of extra equipment available for students use, on an as needed basis. If your camper needs to borrow an item, call our office to discuss this option.

COMMENTS, QUESTIONS, CONCERNS... Call NCOAE Headquarters Monday through Friday between the hours of 8 a.m. – 5 p.m. EST at (910) 399-8090.

CAMP L.E.A.D. PRO – DAY CAMP: WHAT TO BRING (DAYS 1-3)

Please send your camper dressed for the weather and prepared to spend the full day outdoors. Clothing should be comfortable for active outdoor play, including pants or shorts, a t-shirt, socks, and tennis shoes suitable for hiking and exploration.

When possible, we recommend non-cotton clothing. Synthetic or athletic-style fabrics dry faster and are more comfortable for active days outside.

Daily Items to Bring

Please make sure your camper brings the following items each day during the day camp portion of Camp L.E.A.D. Pro:

- Backpack
- Closed-toe shoes (tennis shoes are sufficient)
- Rain jacket
- Swimsuit
- Towel
- Sunscreen
- Bug spray
- Hat
- Water bottle
- Water shoes (with heel strap)
- Change of clothes

Medications

If your child requires medication, please administer it prior to arriving at camp each day whenever possible.

If your child must take medication during the camp day, the following requirements apply:

- Medication must be in its original bottle or container
- A signed medication release form authorizing The National Center for Outdoor & Adventure Education's (NCOAE) staff to administer medication is required (if you need assistance with the form, please call our office at (910) 399-8090)

NCOAE staff members who are authorized to administer medication are trained in First Aid and CPR.

Provided by NCOAE

NCOAE will provide all camp program supplies for activities, as well as lunch and two snacks each day.

Questions?

Please contact NCOAE headquarters at info@ncoae.org or (910) 399-8090.

Office hours are Monday–Friday, 8 p.m.–5 p.m. EST.

CAMP L.E.A.D. PRO – CAMPING TRIP PACK LIST (DAYS 4-6)

FOOTWEAR

EQUIPMENT	REQUIREMENT	QTY.	COMMENTS	CHECK LIST
Hiking Boots	Must Bring	1 pair	Mid-weight boot for hiking.	<input type="checkbox"/>
Hiking Socks	Must Bring	2-3 pairs	Must be wool, synthetic, or synthetic-wool blend. No cotton or cotton blends.	<input type="checkbox"/>
Camp Shoes		1 pair	Closed-toe shoes to wear around camp. Old tennis shoes work well.	<input type="checkbox"/>
Water Shoes / Sandals	Must Bring	1 pair	For protection from rocks and sharp objects. Must have heel strap. Can be used as camp shoes.	<input type="checkbox"/>

HIKING CLOTHES *Campers wear this hiking clothing Day 1 of the camping trip

You will hike in this set of clothes each day. You need at least **three (3) layers**. Please make sure camper's layers fit comfortably over each other. Example combination: t-shirt + long sleeved shirt + rain jacket.

EQUIPMENT	REQUIREMENT	QTY.	COMMENTS	CHECK LIST
T-Shirt	Must Bring	1	Synthetic, lightweight polyester or nylon shirt.	<input type="checkbox"/>
Long-sleeve Shirt	Must Bring	1	Synthetic recommended.	<input type="checkbox"/>
Hiking Pants	Must Bring	1 pair	Nylon or other synthetic pants for hiking.	<input type="checkbox"/>
Rain Jacket*	Must Bring	1	Your rain jacket should be roomy enough to fit comfortably over all upper-body layers. No Ponchos.	<input type="checkbox"/>
Rain Pants*	Must Bring	1 pair	These should fit comfortably over your hiking pants.	<input type="checkbox"/>

CAMP CLOTHES & EXTRA LAYERS

Campers will change into these clothes at night, to relax and sleep in. Extra layers will be worn as needed throughout the trip. Campers need **three (3) layers** that fit comfortably over each other. Example combination: Long underwear top + t-shirt + jacket.

EQUIPMENT	REQUIREMENT	QTY.	COMMENTS	CHECK LIST
T-Shirt	Must Bring	1-2	We recommend synthetic, lightweight polyester shirts.	<input type="checkbox"/>
Long-sleeved Shirt or Long-Underwear Top	Must Bring	2	Synthetic recommended.	<input type="checkbox"/>
Fleece, Hoodie, or Light Jacket	Must Bring	1	Synthetic jacket that fits over your base layers, for cool evenings.	<input type="checkbox"/>
Nylon Shorts	Must Bring	1-2 pair	Light weight, quick drying synthetic shorts. Should long enough to cover the length of your thigh to prevent chafing.	<input type="checkbox"/>

continued

CAMP L.E.A.D. PRO – CAMPING TRIP PACK LIST (DAYS 4-6) continued

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"/>
Bandana	Must Bring	1	For multiple uses.	<input type="checkbox"/>
Swimsuit	Must Bring	1	For cooling off in the water.	<input type="checkbox"/>
Camp Towel	Optional	1	A pack towel that is compressible, lightweight, quick-drying, made of a microfiber or microfiber blend.	<input type="checkbox"/>
Underwear / Bras	Must Bring	2 pairs of underwear; 1 Bra	Undergarments made from merino wool or synthetic to wick moisture are highly recommended. Cotton briefs are acceptable.	<input type="checkbox"/>
MISCELLANEOUS GEAR				
EQUIPMENT	REQUIREMENT	QTY.	COMMENTS	CHECK LIST
Day Pack	Must Bring	1	Backpack for day hiking.	<input type="checkbox"/>
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 is recommended), feminine products.	<input type="checkbox"/>
Sunscreen	Must Bring	1	Travel size only. NCOAE provides additional.	<input type="checkbox"/>
Bug Spray	Must Bring	1	Travel size only. NCOAE provides additional.	<input type="checkbox"/>
Comb or Brush	Optional	1	Must be small, travel size.	<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"/>
Headlamp*	Must Bring	1		<input type="checkbox"/>
Gallon Ziplocs or Small Stuff Sacks	Optional	1-3	Used to organize items in your bag.	<input type="checkbox"/>

continued

CAMP L.E.A.D. PRO – CAMPING TRIP PACK LIST (DAYS 4-6) continued

ADDITIONAL ITEMS – Not required. If decide to bring, choose only 1-2 that are the most important to you.

EQUIPMENT	REQUIREMENT	QTY.	COMMENTS	CHECK LIST
Camera	Optional	1	Small, waterproof or disposable camera. Cell phones are not allowed, 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"/>
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	Internal Frame Backpack
Sleeping Bag & Stuff Sack	Sleeping Pad	Whistle
Stoves, Fuel Bottles & Fuel	Maps & Reference Books / Materials	Compass
Cooking Gear	Course Food & Spice Kit	Soap, Hand Sanitizer and Hygiene Wipes
Bowl & Spoon	Nalgene Water Bottles (2)	Journal w/Pen or Pencil
Food Storage Containers	Emergency Communication Device	First Aid Kit

BOOT SELECTION & FIT 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 outdoor use and that provides reasonable comfort. When considering footwear, remember you will be walking on trails and over streams, and your feet could get wet.

Here are some features to look for while selecting hiking boots:

- A sole that provides good traction, such as Vibram or other lugged sole.
- Ankle support
- Durable uppers
- Some form of shank to provide foot support and protection.

continued

BOOT SELECTION & FIT GUIDE *continued*

- 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.

Sizing boots properly is important. Hiking boots should fit snug everywhere, tight nowhere and offer room to wiggle your toes. Here are some tips:

- Try on boots at the end of the day and with the socks you plan to wear. Your feet normally swell a bit during the day's activities and will be at their largest then. This helps you avoid buying boots that are too small.
- Fit issues to look out for: You don't want to feel odd bumps, seams, pinching in the forefoot, or toes hitting the end of the boot when it's on an incline. If the boots are laced firmly and you still feel space above the top of your foot, then the volume of the boot is wrong.
- Spend some time in the boots. Take a walk through the store, walk up and down stairs, and find an inclined surface to walk on.
- When shopping online, consider a brand you've worn before. Most companies tend to use a consistent foot model over time, so the fit is likely to be similar.
- Be sure to break your boots in before your first trip. Too many sore-footed hikers overlook this important step.

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 trip. It is fine to substitute a similar boot or shoe for one of the types listed here. Examples of sturdy mid-weight hiking boots include the following:

- Asolo: Graphite, Falcon
- Lowa: Innox, Trekker
- La Sportiva: Pyramid GTX, Blade GTX, Trail Ridge Mid
- Vasque: Talus, Breeze III
- Oboz: Bridger, Sawtooth
- Merrill: Moab, Yokota
- Keen: Targee, Oakridge

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