

The Academy at SOAR GEAR LIST SOUTHEAST COSTAL ONLY

PERSONAL CLOTHING:

- One lightweight polypropylene long underwear top and bottom
- One fleece sweater
- Eight pair socks, insure at least 3 pair are synthetic hiking socks
- One set Gortex (or similar waterproof & breathable material) pants and jacket storm gear
- Eight t-shirts
- One wool, pile or fleece hat
- One pair wool or pile or fleece gloves
- Two belts
- One sun/rain hat (a baseball cap is fine if your rain jacket has a hood)
- Five pair quick dry shorts
- Four bathing suits
- Five sets of normal school clothes (suitable for cold temperatures)
- One set of work clothes (i.e. jeans, T-shirts, flannels, sweatshirts, etc.)
- Eight pair underwear

FOOTWEAR:

- One pair of Neoprene water shoes or booties
- One pair of Teva type sandals, preferably with buckles
- One pair of hiking boots with flexible sole
- One pair of athletic shoes

PERSONAL GEAR:

- One zippered soft shell duffle bag (6,000 cubic inch capacity)
- one zero degree or below Packable sleeping bag (It should also be synthetic with hollofill or quallofill material. Down and feather bags are **not** acceptable)
- One compression stuff sack for sleeping bag (make sure it fits the Sleeping bag)
- One sleeping pad (Ridge Rest or Therma Rest Standard pads are highly recommended)
- One bowl, one cup, one fork, one spoon (made of plastic or metal)
- Three one-quart large mouth water bottles (Nalgene is best)
- One laundry bag
- Spinning fishing rod
- Sunglasses
- Sunscreen (SPF 15 or higher)
- Whistle with lanyard to wear around neck
- Small headlamp with a L.E. D. bulb
- parachute cord or small diameter nylon cord - 50 Feet
- One day pack with waist belt