

## California Expedition Gear List

Appropriate clothing and gear are essential for students to be able to have fun and succeed on a wilderness course. If possible, please send a combination of synthetic and cotton clothes. Synthetic materials are better for staying warm when wet and for drying quickly. Cotton is good for comfort and sun protection. For more information on gear contact SOAR or check out our Gear Guide at <http://soarnc.org/wp-content/uploads/2014/09/Gear-Guide.pdf>.

**Participants will have an opportunity to do laundry once during the middle of the course.**

### CLOTHING

- 2 pair pants/jeans
- 5 pair shorts
- 7 shirts (two long-sleeved)
- 1 Swimsuit
- 6 pair Cotton Socks
- Underwear (8 pair)
- 1 pair tennis shoes
- Fleece sweater
- Hat/cap
- Water shoes (no Velcro straps please)
- 2 sets sleepwear
- 2 pair wool socks
- Hat (fleece or wool)
- Wool mittens or gloves
- Long underwear (Polypro or equiv.)
- Heavy Jacket

### EATING GEAR

- Plastic bowl/plate
- Eating utensils
- Plastic cup

### PERSONAL NEEDS

- Prescription medications
- Toothbrush/toothpaste
- Deodorant (non-aerosol)
- 2 bath towels
- Soap/soapbox
- 1 washcloth
- Gold Bond (highly recommended)
- Shampoo/conditioner
- SPF Chapstick
- Wet Wipes

### GENERAL NEEDS

- Backpack with good hip belt (min. 5500 cu. in.)
- Lightweight hiking boots
- Day pack (book bag) w/hip belt (~2000 cu.in.)
- Duffle bag or similar soft bag/luggage
- Sleeping bag (Synthetic only; mummy-style; 20 degrees)
- Sleeping pad (Ensolite or Thermarest type)
- 2 quart-size water bottles
- Headlamp with extra batteries
- Insect repellent
- Rain jacket & rain pants\*\*\*
- Pen and paper
- Sunscreen (non-spray, waterproof, maximum protection – minimum SPF 50)
- Sunglasses
- Pillow (camping size) /pillowcase
- 1 box of Ziploc freezer bags (gallon size)
- Whistle
- Watch with alarm

### ADDITIONAL ITEMS

- Camera (optional)\*\*\*\*
- Binoculars (optional)
- Laundry Bag
- Bug Head Net
- Compression Stuff Sack

### NOTES

1. **All clothing and personal items must be labeled! See the following page for details.**
  2. Do not bring jewelry, valuable watches, CD players, video games, cell phones, etc. Don't bring a knife (other than a table knife).
- \* See Gear Guide at <http://soarnc.org/wp-content/uploads/2014/09/Gear-Guide.pdf> for description of swim shirt.
- \*\* Wetsuit and snorkel gear may be rented. The spending money invoiced to each parent allows plenty of money to rent these items, as well as purchase souvenirs.
- \*\*\* Quality rain gear is essential. Please consult your local outdoor retailer with questions.
- \*\*\*\* Digital cameras are OK to bring, but be aware that there is a risk of damage while on course for which SOAR is not responsible.

## Labeling & Packing Your Child's Belongings

We know your kid – keeping track of their belongings is not one of their strengths. Living in a tent or small cabin with six or seven other kids does not make this situation any easier! In order to help your child keep track of their stuff, EVERY ITEM should be labeled with their name. There are several ways to do this:

- Use a permanent marker and write their name on EVERYTHING. This is a cheap, effective solution that worked well for my own kids when they were at camp.



- Order pre-made labels that you can stick on EVERYTHING. Here are some companies we recommend:
  - Kidecals – <http://kidecals.com/>
  - Mabels Labels - <http://www.mabelslabels.com/>
  - Label Daddy - <http://labeldaddy.com/>



In addition, the more organized you can pack your child's belongings, the better! As you saw on the gear list, one of the required items is a box of gallon ziplock bags. Go ahead and use some of these to pack your students clothing according to like items – socks in one ziplock bag, underwear in another, t-shirts in another, etc. If you want to get really fancy, you can buy 5-gallon ziplocks for larger items like pants or towels and washcloths.



While we make every effort to help your child keep track of their belongings, we cannot be responsible for items that are lost.

*Note: SOAR will return labeled items of \$25 value or greater. Items will be mailed C.O.D. SOAR is not responsible for returning items that are not labeled.*