

## Florida Keys Adventure 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

- 4 pair shorts
- 4 t-Shirts
- 2 swimsuits
- 2 pair compression shorts (to prevent chafing)
- 1 pair quick dry long pants (mandatory)
- 4 pair socks
- 1 pair tennis shoes
- 1 pair "Croc" style sandals\*
- 1 pair Flip Flops (not a substitute for the "Croc" style sandals)
- 5 pairs underwear
- Wide-Brimmed Hat (for sun protection)
- 2 sets sleepwear

### EATING GEAR

- Plastic cup, bowl and plate
- Eating utensils

### GEAR NEEDS

- Duffle bag
- Sheet and fleece blanket
- Sleeping pad (Ensolite or Thermarest type)
- Headlamp with extra batteries
- 2 quart-size water bottles
- Deet insect repellent
- 1 box of Ziploc freezer bags (gallon size)
- Rain jacket & rain pants\*\*
- Day pack (book bag)
- 16 oz. Sunscreen (non-spray, waterproof, maximum protection – minimum SPF 50)
- Pillow (camping size)/pillowcase
- Sunglasses
- Swim Shirt / Rash Guard (2 recommended)\*\*\*

### PERSONAL NEEDS

- Toothbrush/toothpaste
- Shampoo/conditioner
- Deodorant
- Soap/soapbox
- 2 bath towels
- 1 washcloth
- Prescription medications
- Gold bond (highly recommended)
- Wet Wipes

### ADDITIONAL ITEMS

- Camera (optional)\*\*\*\*
- Binoculars (optional)
- Diving mask \*\*\*\*\*
- Snorkel\*\*\*\*\*
- Diving fins\*\*\*\*\*
- Pen and paper

### 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).
- \* Specifically "Croc" style sandals are essential for the prevention of blisters. Please do not send a different type.  
\*\* Quality rain gear is essential. Please consult your local outdoor retailer with questions.  
\*\*\* See Gear Guide at <http://soarnc.org/wp-content/uploads/2014/09/Gear-Guide.pdf> for description of swim shirts.  
\*\*\*\* 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.  
\*\*\*\*\*Bring your own if you have them. If you do not have these, part of the spending money will be utilized for renting them.

## 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.*