

## Wyoming Twice Exceptional Gear List

Appropriate clothing and gear are essential for students to be able to have fun and succeed on a wilderness course. Wool and synthetic clothes are important because they keep students warm even if they become wet. Cotton clothes are good for comfort and sun protection but do not keep students warm if they become wet. 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>. Students who want to fish may also bring their own spinning rods.

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

### PACK NECESSITIES

- Sleeping bag \* with stuff sack  
**(Synthetic only, mummy style)**
- Sleeping pad (Ensolite or Thermarest type)
- Sleeping bag liner or extra blanket (optional)
- 2 Large duffel bags (one for storage)
- Camera (optional)\*\*
- Insect repellent (non-aerosol)
- Paper and pencil
- Rain jacket & rain pants\*\*\*
- Sunglasses
- 2 quart-size water bottles
- Headlamp
- Extra batteries
- Whistle
- Water shoes **(Not flip flops)**
- Day pack (book bag) w/hipbelt (2000 cu.in.)
- Laundry bag
- Pillow (camping size) /pillowcase
- 1 box of Ziploc freezer bags (gallon size)
- Sunscreen (non-spray, waterproof, max. strength)
- 2 SPF Chapsticks
- Watch w/alarm
- Pack cover (optional)

### EATING GEAR

- Plastic bowl/plate
- Eating utensils
- Plastic cup

### CLOTHING

- Socks, cotton (6 pair)
- Socks, synthetic (3 pair)
- Pants/jeans (2 pair)
- Quick-dry pants (1 pair)
- Shorts (6 pair)
- Shirt, long sleeve (2)
- T-shirts (6)
- Underwear (10 pair)
- Hat (fleece or wool)
- Fleece sweater or light jacket
- Heavy Jacket **(June courses only)**
- Wool mittens or gloves
- Long underwear (Polypro or equiv.)
- Riding boots  
**(Hiking boots with a heel. No steel-toes)**
- Tennis shoes (1 pair)
- Bandanna
- Sleepwear (2 sets)
- Swimsuit
- Sun hat/cap

### PERSONAL NEEDS

- Prescription medications
- Bath towel (1)
- Wash cloth (1)
- Personal hygiene items
- Toothbrush/toothpaste
- Shampoo/conditioner
- Deodorant
- Soap/soap box
- Gold Bond (highly recommended)
- Wet Wipes
- Stamps/paper/envelopes

### 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).
  3. Boots must be worn at home for a few days prior to coming to camp in order to break them in.
- \* Rated for 15 degrees (no cotton or down).  
\*\* 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.  
\*\*\* Quality rain gear is essential. Please consult your local outdoor retailer with questions.

## 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.*