

North Carolina 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>.

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

PACK NECESSITIES

- Large duffel (for storing gear)
- Backpack with good hip belt****
(65 – 80 Liters minimum)
- Pack cover (optional)
- Day pack (book bag)
- Sleeping bag with stuff sack
(Synthetic – No Down!)*
- Sleeping pad (Ensolite/Thermarest type)
- Sunglasses
- Insect repellent
- Rain jacket **
- 2 quart-size water bottles
- Headlamp with extra batteries
- Laundry bag
- Pillow (camping size) /pillowcase
- Whistle
- 1 box of Ziploc freezer bags (gallon size)
- Sunscreen (non-spray, waterproof, max. strength)
- Camera (optional)***
- Cotton Gardening Gloves (for caving)

PERSONAL NEEDS

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

CLOTHING

- Lightweight hiking boots (no steel-toe boots)
- Tennis shoes (1 pair)
- Socks, cotton (5 pair)
- Socks, synthetic (2 pair)
- Pants/jeans (1 pair)
- 1 pair quick-dry pants
- Shorts (4 pair)
- Shirts, long-sleeve (2)
- T-Shirts (4)
- Underwear (8)
- Hat
- Lightweight fleece sweater/jacket
- Swimsuit
- Water shoes (closed-toe, no Velcro straps)
- Bandanna
- Sleepwear
- Flip Flops (for showering & airing out feet)

EATING GEAR

- Eating utensils
- Plastic cup/bowl/plate

NOTES

1. **All clothing and personal items must be labeled! See the following page for details.**
2. Do not bring jewelry, valuable watches, 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 40 degrees +/- 10 degrees (no cotton or down).

** 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.

**** Please see our Gear Guide at <http://soarnc.org/wp-content/uploads/2014/09/Gear-Guide.pdf> for more information on choosing the correct backpack. SOAR has a limited number of backpacks to loan if this is a financial burden. Please be sure to reserve one! All items on this gear list will probably not fit in the backpack. You will most likely need a duffel bag for extra gear storage.

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://labeledaddy.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.