

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 quick dry pants
- 5 pair shorts
- 7 shirts (two long-sleeved)
- 1 Swimsuit
- 6 pair Cotton Socks
- 2 pair wool socks
- Underwear (8 pair)
- 1 pair tennis shoes
- Fleece sweater
- Hat/cap
- Water shoes (no Velcro straps please)
- 2 sets sleepwear
- 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
- Shampoo/conditioner
- 2 SPF Chapsticks
- Wet Wipes

GENERAL NEEDS

- Backpack with good hip belt (min. 4500 cu. in./70 liters)
- 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 that fits sleeping bag

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.