

North Carolina Canoeing 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 the campers warm even if they become wet. Cotton clothes are good for comfort and sun protection but do not keep students warm if wet. For more information on gear contact SOAR or check out the General Gear Guide under your Forms and Documents. All items are required unless otherwise noted.

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

GEAR NECESSITIES

- 2 medium sized duffle bags (for storing all items)
No wheels please!
- Day pack/book bag
- Pack cover
- Sleeping bag with stuff sack (synthetic - please no down!*)
- Sleeping pad
- Sunglasses
- Insect repellent
- Rain jacket**
- 2 quart-sized water bottles
- Headlamp with extra batteries
- Laundry bag
- Pillow (camping size) / pillowcase
- Whistle
- 1 box of Ziploc gallon freezer bags
- Sunscreen (non-spray, waterproof)
- Camera (optional***)
- Eating utensils
- Plastic/metal cup/bowl/plate

PERSONAL NEEDS

- Prescription medications, vitamins, etc
- Deodorant
- 1 bath towel
- 1 washcloth
- Other personal hygiene items
- Soap/container
- Toothbrush/toothpaste
- Shampoo/conditioner
- 1 CDC approved face mask
- Flip-top bottle of hand sanitizer
- Powder Gold Bond
- Wet Wipes (optional)
- Stamps & envelopes (optional)

CLOTHING

- Tennis shoes - 1 pair
- Socks, cotton - 5 pair
- Socks, synthetic - 2 pair
- Pants or Jeans - 1 pair
- Quick-dry, synthetic pants - 1 pair
- Shorts - 4 pair
- Shirts, long sleeve - 2
- T-shirts - 6
- Underwear - 8
- Hat - 1
- Lightweight fleece sweater/jacket - 1
- Swimsuit - 3
- Water shoes (Keens style, no velcro)
- Bandanna - 1
- Sleepwear
- Flip flops (for showering and airing out feet)

Notes:

1. All clothing & personal items must be labeled!
2. Do not bring jewelry, smart watches, video games, cell phones, knives, electronics
3. Please break in all shoes ahead of time
*Rated for 40 degrees F +/- 10 degrees (no cotton or down)
**Quality rain gear is essential
***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