



NORTH CAROLINA OUTWARD BOUND SCHOOL

PACKING LIST

When packing, please remember:

- Your clothing will finish the course with you, but not in the same state, it left! It will get dirty, torn...etc so bring OLD clothes or clothing that you won't mind parting with. We recommend (as our instructors do) buying clothing from thrift stores if you need to buy any of the below items.
- Wool still keeps you warm when wet: cotton does not work well in the wilderness. In general, wool or synthetic clothing (exercise pants, quick dry, nylon, polyester, work out gear) will keep you more comfortable.
- Please pack lightly.

PLEASE BRING

- ☐ 3 pairs of underwear
- ☐ 2 sports bras
- ☐ 2 pairs of socks
- ☐ 2T-shirts or tank tops (please no shirts with alcohol, tobacco or offensive slogans)
- ☐ 2 long sleeved shirts (1 loose, button-down, long sleeved shirt for bugs)
- ☐ 2 pairs of long nylon pants (loose fitting, quick dry, NO JEANS or COTTON)
- ☐ 2 pairs of nylon shorts (NO JEANS or COTTON)
- ☐ 2 pairs of tennis shoes (one wet, one dry)
- ☐ 1 hat or visor
- ☐ 1 pair of sunglasses
- ☐ 2 bandanas
- ☐ 1 jacket (nylon windbreaker recommended)
- ☐ 1 small hand-sized towel
- ☐ 1 bed sheet, to be used as sleeping bag liner
- ☐ 1 toothbrush and 1 small tube of toothpaste
- ☐ Sunscreen (15 block or above)
- ☐ Lip block (chap stick with sunscreen/SPF in it)
- ☐ 5 quart- or gallon-sized zip-lock bags
- ☐ Letter writing material, NO pens
- ☐ A journal or small notebook
- ☐ Gloves (to keep the bugs away, gardening gloves work great)
- ☐ Bring one set of clean clothing to be left at base to wear for course ending.

OPTIONAL ITEMS

- ☐ Disposable camera
- ☐ 1 small bottle of Gold Bond Powder or Baby Powder
- ☐ Baby wipes (unscented)
- ☐ Comb or brush

WINTER ITEMS

If you are taking a course in OCTOBER, NOVEMBER, DECEMBER, JANUARY, FEBRUARY, OR MARCH please bring a warm hat and a sweatshirt, fleece or heavy jacket.

DO NOT BRING

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| ▪ valuables | ▪ drugs | ▪ knife |
| ▪ jewelry | ▪ alcohol | ▪ watch |
| ▪ money | ▪ make-up | ▪ radio |
| ▪ cigarettes | ▪ deodorant (attracts bugs) | ▪ candy...etc |

**IF YOU HAVE ANY QUESTIONS ABOUT WHAT TO BRING, PLEASE FEEL FREE TO CALL THE BASE at
800.327.2995 BEFORE THE COURSE STARTS.**