



5 Day Trip Pack List

- Please do not pack jeans or jean shorts. Instead pack non-cotton clothing. Athletic wear, mesh or synthetic clothing dries quickest and is the best option while camping.
- Do not bring technology (i.e., cell phones, tablets, smart watches, etc.)
- Items listed below with an asterisk (*) are available to borrow on an as needed basis.

FOOTWEAR				
Equipment	Requirement	Qty.	Comments	Check List
Camp Shoes	Must bring	1	Must be close-toed. Lightweight sneakers for around camp	☐
UPPER BODY CLOTHING				
Equipment	Requirement	Qty.	Comments	Check List
Long-sleeved Shirt	Must bring	1	Nylon or polyester is best – to wear on cool mornings and nights.	☐
Lightweight Jacket	Must bring	1	Light- to mid-weight jacket/fleece. We recommend synthetic, lightweight polyester.	☐
T-Shirt	Must bring	3-4	We recommend synthetic, lightweight polyester shirts.	☐
Sweatshirt or Hoody	Must bring	1	Nylon or polyester is best – for cool nights when sleeping.	☐
LOWER BODY CLOTHING				
Equipment	Requirement	Qty.	Comments	Check List
Leggings or sweatpants	Must bring	1-2 pair	Nylon or polyester is best – for cool nights when sleeping.	☐
Hiking Pants	Must bring	1 pair	Nylon or polyester hiking or track pants - for protection from bugs and dense brush.	☐
Shorts	Must bring	2-3 pair	Lightweight, quick drying athletic shorts.	☐
Underwear	Must bring	5	Non-cotton material is preferable. Consider comfort when walking several miles.	☐
MISCELLANEOUS CLOTHING				
Equipment	Requirement	Qty.	Comments	Check List
Sunhat or baseball cap	Must bring	1	For sun protection.	☐
Swimsuit	Must bring	1	For the beach.	☐
Sports Bra	Must bring	2-3	If applicable.	☐
In-town clothes	Must bring	1 set	Shorts/pants, t-shirt, underwear and socks to return home in	☐

MISCELLANEOUS GEAR				
Equipment	Requirement	Qty.	Comments	Check List
Required or Prescription Medication (<i>if applicable</i>)	Must bring	1 Set	All medications must be in the original bottle with instructions for administration, and the student's name on it.	☐
Toiletries	Must bring	1 Set	Toothbrush, Toothpaste, Feminine Hygiene products.	☐
Comb or Brush	Optional	1		☐
Prescription Glasses / Contact Lenses	Multiple	Multiple	Even if you wear contacts daily, plan to carry a pair of glasses. If you wear prescription glasses or contact lenses, consider bringing a spare set.	☐
Eyeglasses Strap	Optional	1		☐
Sunglasses	Optional	1		☐
OPTIONAL ITEMS				
Equipment	Requirement	Qty.	Comments	Check List
Book	Optional	1	A small book for reading.	☐
Cards/Small Card Game	Optional	1	A small card game (deck of cards, UNO, etc.) for down time. The NCOAE will bring cards and small games, so feel free to leave yours at home.	☐

NCOAE WILL SUPPLY		
Students share both the use of and the responsibility for the group gear that NCOAE provides.		
Tents	Group Tarp	Backpack
Sleeping Bag & Sleeping Pad	Extra Warm Layers	Headlamp
Stoves, Fuel Bottles & Fuel	Maps and Reference Books/Materials	Compass & Whistle
Cooking Gear	Trip Food and Spice Kit	Journal w/Pen or Pencil
Bowl & Spoon	Water Bottles (2)	Group Sunscreen and Bug Spray
First Aid Kit	Soap, Hand Sanitizer & Hygiene Wipes	Rain Jacket and Pants
Hiking Boots and Socks	Warm Hat and Gloves	First Aid Kit
Toilet Paper & Trowel	Repair Kit	Surfing Gear

For questions, please call (910) 515-9157.