



2 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	QUANTITY	COMMENTS	CHECK
Camp Shoes	Must bring	1	Must be close-toed. Lightweight sneakers for around camp	☐
Upper Body Clothing				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK
Long Sleeved Shirt*	Must bring	1	Nylon or polyester is best – to wear on cool mornings & nights	☐
Lightweight Jacket *	Must bring	1	Light- to mid-weight fleece or lightweight polyester	☐
T-Shirt *	Must bring	1-2	We recommend synthetic, lightweight polyester shirts	☐
Lower Body Clothing				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK
Leggings or sweatpants*	Must bring	1 pair	Nylon or polyester is best for cool nights when sleeping	☐
Shorts*	Must bring	1-2 pair	Lightweight, quick drying athletic shorts	☐
Miscellaneous Clothing				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK
Sun Hat or Baseball Cap*	Must bring	1	To protect from sun	☐
Underwear	Must bring	1-2 pair		☐
Sports Bras	Must bring	1		☐
Swimsuit	Must bring	1	To wear while at beach – if applicable	☐
Bandana	Optional	1	For multiple uses	☐
Miscellaneous Gear				
EQUIPMENT	REQUIREMENT	QUANTITY	COMMENTS	CHECK
Prescription Medication	Must Bring	1 Set	Bring enough to last the entire trip. All medications must be in the original bottle with instructions for administration, and the student's name on it. Must pack all prescribed medicine	☐
Toiletries, travel sized	Must Bring	1 Set	Toothbrush, Period products	☐
Comb or Brush	Optional	1	Must be small, travel sized	☐
Prescription Glasses / Contact Lenses	Must bring	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	QUANTITY	COMMENTS	CHECK
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	☐

We Will Supply		
Students share both the use of and the responsibility for the group gear that NCOAE provides.		
Tents	Group Tarp	Day Pack
Sleeping Bag & Sleeping Pad	Extra Warm Layers	Headlamp
Stoves, Fuel Bottles & Fuel	Maps & Reference Books/Materials	Compass & Whistle
Trip Food & Spice Kit	Repair Kit	Journal w/Pen or Pencil
Bowl & Spoon	Water Bottles (2)	Cooking Gear
First Aid Kit	Soap, Hand Sanitizer & Hygiene Wipes	Group Sunscreen & Bug Spray
Surfing Equipment	Beach Equipment	Rain Jacket & Pants

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