

# CLOTHING AND GEAR LIST

This list may look insufficient to you, but it is complete for the Outdoor Academy experience. The items on this list are not suggestions—**please bring all of these things, and only these things.** If you bring additional items, we will send the extra items home with your parents or store them until they can be sent home. As you pack, please bear in mind the following four points:

1. You will be working hard here, and some of your clothes will get wet, dirty, and worn out. You might want to leave items that are delicate, fragile, or of sentimental value at home.
2. Remember that we are in the mountains of western North Carolina. We get all sorts of weather conditions: hot and humid; windy and rainy; freezing cold and snowy. Choose your pants/sweaters/shirts/etc., with that in mind.
3. **Please label all your gear and clothing** with permanent markers or clothing labels.
4. When you arrive, you will be assigned up to two small shelving units (called “cubbies”; see photo below) in which to store your belongings. You will also have some room under your bunk bed to store larger items like trunks, duffel bags, or shoes. That’s about it! Space is limited, so please: ***stick to this list!***



## CLOTHING

- Jeans or trousers** – 4 pairs. One pair you can totally trash over the semester during work crew times, etc. (not already shredded as they will have to stand up to some rough treatment), one quick-dry pair for hiking (nylon works well), and two “regular,” everyday pairs of pants.

- Shorts** – 3 pairs. 1 or 2 of these should be quick-dry nylon. No short shorts.
- T-shirts** – 5. Short-sleeved cotton. T-shirts must **NOT:** a) be tight-fitting, b) expose the midriff or cleavage, or c) display tobacco, alcohol, drug-related, or other offensive messages.
- Long-sleeved shirts** (cotton T-shirts, polo shirts) – 3
- Sweatshirt** – 1
- Warm sweaters** – 3. Wool or synthetic pile (fleece) **not cotton** – these should be sweaters you are willing to wear in the field.
- Long underwear** – 2 pairs, top and bottom; **not cotton**, polypropylene is best.
- Underwear**
- Socks** – 10 to 12 pairs total; at least 5 pairs must be wool or synthetic blend.
- Belt** – 1
- Swimsuit** – 1. One-piece or suitable for athletic activities and active water sports.
- Winter coat** – 1
- Complete set of nice clothes** for our weekly semi-formal dinner – at least one complete set but not more than two. A complete set of nice clothes might be khakis and a buttoned shirt; a skirt and a blouse or a dress; and shoes.
- Fleece pants** – 1 pair
- Non-cotton T-shirts** – 2. Polyester, nylon, etc.
- Pajamas** – 2 pairs
- Gloves or mittens** – 1 pair. Wool or synthetic pile, **not cotton.** Waterproof gloves are nice for wet treks.
- Winter hat** – 1. Wool or synthetic pile.
- Hat with a brim** – if you’re worried about burning your ears, bring more than a ball cap.
- Bandanas** – 2

## FOOTWEAR

- Backpacking boots** (such as Vasque Wasatch, Clarion GTX, Montrail Torre GTX, REI Spirit, or LL Bean Cresta Hikers) for trekking and work. Boots must provide **over-the-ankle support**. Low top approach shoes are NOT adequate. **Break them in before you come.**
- River sandals** or old sneakers for canoeing.
- Everyday sneakers** or lightweight boots to wear around campus – at least 1 pair; not more than 2.
- Sandals**, moccasins, flip-flops, Texas, etc., for casual wear indoors, and/or to be worn in the shower.

**Please think simple, and  
STICK TO THIS LIST**

## SCHOOL SUPPLIES

- Algebra II (or higher) students:** graphing calculator (TI-82 or higher) & graph paper.
- Geometry students:** locking compass (with screw), protractor, ruler or straight edge, graph paper, and calculator with trigonometry functions and square root.
- Three-ring binders (2) and filler paper** OR several **spiral-bound notebooks** (beneficial when running around outside during classes in the field).
- Folders** with pockets and brads
- Textbooks** for your math and/or foreign language classes, if you're taking these classes here.
- Pens, pencils, erasers, highlighters**, etc.
- Watch** – inexpensive and water resistant

## ESSENTIAL GEAR

- Daypack or bookbag**
- Sleeping bag** – “mummy” type rated to 10 or 15 degrees, with synthetic fill. Brand suggestions: REI, Sierra Designs, North Face. Females should consider a “women’s bag.” Some people are cold at the 10-15 degree rating in late fall, winter, and early spring camping; you may prefer a bag rated for 0 – 5 degrees.
- Compression sack** for your sleeping bag
- Headlamp**, with 2 extra sets of alkaline batteries – essential for caving.
- Water bottles** – 2 (quart size only). Write your name on them. You can purchase OA bottles upon arrival.
- Sunscreen (SPF 15) and chapstick.**
- Pocketknife** with 2-3” folding, **locking** blade. No “Rambo” sheath knives.
- Waterproof rain jacket and pants** – coated nylon or better; no plastic. GoreTex is great.
- Leather work gloves** – 1 pair. Not the huge, clumsy type.

If you can't find the essential gear you need in local stores, you can order online from the following websites:

- [www.llbean.com](http://www.llbean.com)
- [www.rei.com](http://www.rei.com)
- [www.campmor.com](http://www.campmor.com)
- [www.diamondbrand.com](http://www.diamondbrand.com)

## CABIN / DORM SUPPLIES

- Personal items** – soap, shampoo, toothbrush & toothpaste, contact lens solution, etc.
- Extra glasses or contact lenses** if you wear them
- Twin-sized sheets** – 2 fitted, 2 flat. You will wash your sheets weekly. Sleeping bags may not be used as a substitute for sheets.
- Blankets** – 2
- Pillow** with 2 cases
- Towels** – 4. Regular bath towels, not beach-size.
- Small personal alarm clock** if you wish to wake before 6:30 am

- Personal medicines**, including at least 2 inhalers, which will be stored and dispensed by OA's health personnel.
- Laundry bag**

## OPTIONAL

- Backpack for trek** (only if you want to bring your own; we have them for OA expeditions).
- Ensolite pad**—full length. We have ensolite pads for your use, but bring your own if you have one.
- Small, LOUD whistle** to take on treks
- Thin liner socks** to wear while backpacking
- Camera and film.** Film can be purchased through the school store. Bring something to waterproof your camera – a heavy-duty zip lock is great.
- Sunglasses** – sturdy pair.
- Carabiners** – a couple.
- Crazy Creek chair** or other portable ground chair. You can purchase an Outdoor Academy Crazy Creek when you get here.
- Foreign language dictionary** – Spanish/English, French/English, etc., depending on what class you're taking.
- Musical instruments.** We encourage these, but please call us first to discuss storage.
- Sports equipment.** A tennis racket or cleats. Other than that, we have plenty of community equipment.
- Favorite books, field guides, etc.**
- Mixed tape or CD – 1 only.** This will go into the community music library and cannot contain any profanity or offensive messages.
- Address book, stationary, postcards**, etc. for writing family and friends.
- Trunk** for additional storage under your bunk (height of trunk must be no more than 14")
- Small self-contained plastic bins or drawers** for holding toiletries / socks / other small items in your cubbies.
- Long Distance Calling Card(s)**
- Student Planner/Organizer**

## WHAT NOT TO PACK

Stereo systems, Walkmen, Ipod & MP3 players, PDAs, candles, incense, lighters, electric blankets, electric hair styling tools (except hairdryers), videos, DVD's, computer games, (GameBoys, etc.), electric guitars, hot pots, electric lamps, food, cellular phones, fireworks, pets, expensive or otherwise valuable jewelry, heirlooms, etc.