

NCOAE EQUIPMENT LIST: Education Without Walls — 10-Day Course Backpacking / Surfing



A scholarship package from Education Without Walls includes 4 outdoor and adventure-based outings with our affiliates at [The National Center for Outdoor & Adventure Education \(NCOAE\)](http://www.ncoae.org). NCOAE's equipment list (below) will help you decide what to bring and what not to bring on your 10- day summer expedition with Education Without Walls and NCOAE.

- Please do not pack jeans or jean shorts. If you have a choice, please pack non-cotton clothing. Mesh or synthetic clothing dries quickest and therefore is the best option while camping.
- Do not bring any technology (*i.e. cell phone, tablets or MP3 player*).
- For questions, please call (910) 515-9157.

FOOTWEAR				
Equipment	Requirement	Qty.	Comments	Check List
Camp Shoes	Must bring	1	Must be closed toed. Lightweight sneakers for around camp.	<input type="checkbox"/>
Water Shoes	Must bring	1	Mesh water shoes or sandals with a heel strap.	<input type="checkbox"/>
Flip-Flops	Optional	1	For the beach and shower.	<input type="checkbox"/>
UPPER BODY CLOTHING				
Equipment	Requirement	Qty.	Comments	Check List
Long-sleeved Shirt	Must bring	1 – 2	Nylon or polyester is best – to wear on cool mornings and nights.	<input type="checkbox"/>
Lightweight Jacket	Must bring	1	Light- to mid-weight jacket/fleece. We recommend synthetic, lightweight polyester.	<input type="checkbox"/>
Tee-Shirt (no tank tops)	Must bring	2 – 3	We recommend synthetic, lightweight polyester shirts.	<input type="checkbox"/>
LOWER BODY CLOTHING				
Equipment	Requirement	Qty.	Comments	Check List
Legging or Long Johns	Must bring	1 –2 pair	Nylon or polyester is best – for cool nights when sleeping.	<input type="checkbox"/>
Hiking Pants	Must bring	1 pair	Nylon or polyester hiking or track pants - for protection from bugs and dense vegetation.	<input type="checkbox"/>
Shorts	Must bring	1 –2 pair	Lightweight, quick drying mesh athletic or board shorts. Long enough to cover your thigh to prevent chafing.	<input type="checkbox"/>
MISCELLANEOUS CLOTHING				
Equipment	Requirement	Qty.	Comments	Check List
Sunhat or baseball cap	Must bring	1	For sun protection.	<input type="checkbox"/>
Swimsuit	Must bring	1	For the beach.	<input type="checkbox"/>
Underwear	Must bring	5–10 pair		<input type="checkbox"/>
Sports Bras	Must bring	2 – 3		<input type="checkbox"/>
In Town Clothes	Must bring	1 Set	Pair of jeans, t-shirt, underwear & socks to return home in.	<input type="checkbox"/>
Bandana	Optional	1	For multiple uses.	<input type="checkbox"/>

Continued

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MISCELLANEOUS GEAR				
Equipment	Requirement	Qty.	Comments	Check List
Required or Prescription Medication (<i>if applicable</i>)	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.	<input type="checkbox"/>
Toiletries	Must Bring	1 Set	Toothbrush, Toothpaste, Lip Balm w/SPF, Feminine Hygiene products. Travel sizes of 2-3oz preferred.	<input type="checkbox"/>
Comb or Brush	Optional	1	Must be small, travel sized.	<input type="checkbox"/>
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.	<input type="checkbox"/>
Eyeglasses Strap	Optional	1		<input type="checkbox"/>
Sunglasses	Optional	1		<input type="checkbox"/>

OPTIONAL ITEMS				
Equipment	Requirement	Qty.	Comments	Check List
Camera	Optional	1	Small, disposable or durable, waterproof camera.	<input type="checkbox"/>
Book	Optional	1	A small book for reading.	<input type="checkbox"/>
Cards/Small Card Game	Optional	1	A small card game (deck of cards, UNO, etc.) for down time	<input type="checkbox"/>

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