

CAROLINA OUTDOOR EDUCATION CLOTHING LIST: DAY HIKE

It is important that you are prepared for your day hiking experience. Please bring the following clothing and personal gear with you. If you have trouble finding anything on the list, please give us a call or send us an email, we will be happy to answer any questions or assist you in locating items for your trip.

When selecting clothing, an important consideration is the material. Cotton clothing does not keep you warm if it is wet and it takes a very long time to dry. This can be desirable on a hot, sunny day but can mean hypothermia on a cool, cloudy, breezy day. Wool and synthetic fabrics dry quickly and will keep you warm, even if they are wet. Several layers of clothing made of these materials are best. This allows you to add or remove layers as your activity level and the temperature change throughout the day. If you do not have everything on the list we encourage you to borrow items from Carolina Outdoor Education's surplus clothing bin. ***We have rain gear and warm layers available.*** Make sure and let your Instructors know what you need at the pre-trip meeting. Please remember that forecasts rarely include the many microclimates within a region. You have a responsibility to the rest of the group to prepare yourself properly for any weather we may encounter. Please use discretion when adding items to this list because you will be carrying additional group equipment. If you have any questions or concerns please contact the Outdoor Education Center at 843-3233 or e-mail David Yeargan at dyeargan@email.unc.edu

FOOTWEAR

Socks: Thick hiking socks. Should be a wool or synthetic.

Liner socks: Thin, synthetic "itch less" socks that wick moisture away from your skin and help protect feet from blisters. (OPTIONAL)

Hiking boots: Lightweight hiking boots or good athletic shoes will be sufficient for this trip, since we will not be carrying significant weight.

PERSONAL CLOTHING

Rain jacket: Durable, waterproof, roomy enough to fit over insulation layers.

Rain pants: Durable, waterproof pants. (WEATHER DEPENDENT)

Warm layer: Medium-weight shirt or sweater of polyester or wool. (WEATHER DEPENDENT)

Warm hat: Wool or synthetic hat to keep you warm. (WEATHER DEPENDENT)

Sun/rain hat: Baseball or wide brimmed hat to block sun and rain. (OPTIONAL)

Shorts or pants: Avoid cotton, otherwise, whatever you are comfortable hiking in is fine.

T-shirt: One synthetic or cotton lightweight long or short sleeve shirt.

MISCELLANEOUS PERSONAL GEAR

Sunglasses: 1 pair. Wrap around styles are helpful in windy conditions, especially for those wearing contacts.

Water Bottles: 2 bottles, 1 quart each.

Flashlight: A small, lightweight flashlight or headlamp in case we are out longer due to unforeseen circumstances.

Sunscreen: 1 small bottle or share with someone. SPF of 15 or higher is recommended. (OPTIONAL)

Glasses or contacts: Bring an extra pair of corrective lenses and whatever you need to take care of them. i.e. mirror, saline solution

Pack: Bring a small backpack to organize the above items.