

## WAFFYS CLOTHING & PERSONAL EQUIPMENT

It is important that you are prepared for your wilderness experience. Please bring the following clothing and personal gear with you.

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. You have a responsibility to the rest of the group to prepare yourself properly for any weather we may encounter. If you have any questions or concerns please contact your Instructors.

The Outdoor Education Center will provide some equipment as part of your trip. If you have your own equipment that you prefer to use, you are welcome to bring it with you.

### ***Items provided as part of your trip include:***

**Backpack:** We have internal frame packs from Osprey. The model we use is the "Aether". Small packs are 5000 cubic inches, medium packs are 5200 cubic inches and large packs are 5400 cubic inches.

**Stuff sacks:** You will be issued three nylon stuff sacks; one is for your sleeping bag, one is for your clothing and one is for food.

**Gaiters:** Leggings worn over the top of the boot to keep out dirt, debris and rain.

**Rain pants and parka:** Durable, waterproof pants roomy enough to fit over insulation layers. We issue Helly Hansen rubber rain suits.

**Sleeping bags:** We issue synthetic filled mummy bags that are rated to 20 degrees. We also issue a cotton mummy liner that you can use as a sheet on warmer nights.

**Sleeping pads:** We issue "Ridgerests", they are lightweight, durable, closed-cell foam sleeping pads.

**Tents:** We use 3-4 person dome tents.

**Stoves:** We use Trangia alcohol-burning stoves.

**Eating utensils:** Durable spoon, bowl, and mug.

**Water Bottles:** 2 bottles, 1 quart each. Wide mouth bottles are easier to fill in the backcountry.

### ***Items you are responsible for bringing include:***

If already you have any of these items, please feel free to bring and use them!

**Socks:** 3 pairs. Must be heavy Rag-g-type wool or synthetic.

**Liner socks:** 2 pair. Thin, synthetic "itchless" socks that wick moisture away from your skin and help protect your feet from blisters.

**Camp shoes:** 1 pair. Lightweight running shoes to wear around camp. Gives feet a break from hiking boots and protects campsite from excessive impact. No sandals, "Crocs", "Waldies" or open-toe shoes as they often result in foot injuries, which can be a serious problem on a backpacking trip.

**Hiking boots:** A hiking boot with ankle support, lug soled and supportive are required for this trip. Be sure boots are waterproof, or do it yourself with the waterproofer available at outdoor stores. Be sure boots are a proper fit, if you plan to buy boots before the trip read the following carefully:

- Shop for boots in the afternoon as your feet tend to swell during the day and this can affect fit. Most people's feet are not exactly the same size. Always fit your larger foot and compensate with an extra sock or insole if necessary.
- Hiking socks are thicker and should be worn when trying on boots.
- Start ½ size larger than your street shoe and slip your bare foot into the boot. Slide the foot forward in the boot until your toes touch. There should be ¾ to 1" between your heel and the back of the boot.
- Now with your sock combination and the boots laced snugly, walk around the store. Your heels should lift slightly off the bottom of the boot: no lift is too little, ½" or more is too much.
- Kick your toes against a solid surface like the floor two or three times. Your foot should be caught by the boot at the instep before your toes contact the front of the boot. If your toes hit on the first kick, the boot is probably too short. First try lacing the boots tighter, and then try a half size larger boot.
- Take your time and try several brands when purchasing boots. Make sure your feet are comfortable and you have the right size and width. Remember that every brand has its own fit and your salesperson may only be familiar with a few brands. Breaking boots in will not correct an improper fit.

**Sun/rain hat:** Baseball or wide brimmed hat to block sun.

**Warm hat:** Wool or synthetic hat to keep you warm.

**Bandanna:** One cotton bandana for general personal hygiene.

**Upper body garments** should consist of layers that will fit comfortably over each other.

**Under layer:** Lightweight or medium-weight wool or synthetic top.

**Secondary layer:** Medium-weight shirt or sweater of wool or synthetic.

**T-shirt:** One nylon or cotton lightweight short sleeve shirt.

**Lower body garments:** should consist of layers that will fit comfortably over each other.

**Under layer:** Lightweight or medium-weight wool or synthetic bottoms.

**Shorts:** 1 pair. Nylon athletic or running shorts.

**Underwear:** Bring underwear to meet your needs.

**Miscellaneous:**

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

**Water Bottles:** 2 bottles, 1 quart each. Wide mouth bottles are easier to fill in the backcountry.

**Lip balm:** Sunburn protection is desirable.

**Sunscreen:** 1 small bottle. SPF of 15 or higher is recommended.

**Insect Repellent:** Non-aerosol. Please do not bring products containing DEET as it melts nylon equipment.

**Toiletries:** Toothbrush, toothpaste, comb, soap (biodegradable). Bring enough for your needs.

**Headlamp/Flashlight:** A small, lightweight headlamp or flashlight is required. Bring extra batteries.

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

**Watch:** An inexpensive, waterproof watch with an alarm will be helpful for waking up in the morning and timing scouting parties during the trip.

***Leave-No Trace...***

Our trips operate in a beautiful, wild and delicate ecosystem. In order to keep this area pristine for future users, Carolina Outdoor Education is dedicated to "Leave-No-Trace" camping practices. These include keeping soap (even biodegradable soap) and toothpaste out of creeks and streams. Washing will take place away from the water. Toilet paper takes a very long time to break down. You will be carrying your toilet paper out in plastic bags after use. If you have any questions or concerns about any of these practices please let us know ahead of time.

***Additional information for female participants...***

Feminine hygiene can be a concern for many women on overnight trips. Your instructors are approachable and understand that being discreet is a priority. The list below contains recommended items to bring so you are adequately prepared should you have your period while on your trip. We recommend panty liners as a back up even if you typically use only tampons.

- Your normal supply of tampons, pads or panty liners
- 3 – 4 small Zip-Loc – type plastic bags
- Baby powder or baking soda
- A travel size bottle of instant hand sanitizer
- Yeast infection treatment such as Monistat (optional)

At Carolina Outdoor Education we practice Leave-No-Trace camping techniques. Therefore, we pack out all that we pack in. The plastic baggies work well for keeping supplies fresh and work well for storage of used products. Baby powder or baking soda works well to eliminate odors in the used baggies. We are in the woods the entire time with no opportunity to get rid of used products or to re-supply.

There are several anti-bacterial soaps on the market that do not require the use of water. The use of this type of soap for your hands after changes is a convenient way to clean up. Should you have an "accident", there are several things you can do. Your instructors are not adverse to you bringing more than the recommended amount of underwear from the clothing list. Also, if you catch the accident soon enough, rinsing the garment out with water is very effective. If you need help, your instructors are experienced with helping you deal with your period in the field. Please feel free to contact your instructors to further discuss any questions or concerns that you may have, it is important to Carolina Outdoor Education that you feel comfortable and prepared for your expedition.

Sincerely,

David Yeargan

Carolina Outdoor Education Center

[dyeargan@email.unc.edu](mailto:dyeargan@email.unc.edu) ; 919-843-3233

Revised 10/15