



LETTER FROM THE EXECUTIVE DIRECTOR

Dear Applicant:

We are pleased you have begun the process that will lead you Outward Bound. We promise you an extraordinary learning opportunity.

The wilderness is our classroom. We operate in all types of weather and travel a variety of terrain. There will be times when you can expect to be hot or cold, wet, tired and sore. Your activities will vary depending upon the season, location and your group dynamics. You may hike long distances with a backpack, rock climb, rappel, paddle by canoe or sea kayak, run or reflect in solitude. We work as a group to overcome self-imposed limitations as it is through skill development, trust in others and belief in ourselves that each of us can reach a deeper understanding of our full potential. You will push your limits both physically and emotionally and share in the joy of a challenge surmounted. Learning is at its best when it is fun and challenging-- this is truly *going Outward Bound!*

Risk management is fundamental to an Outward Bound experience. Personal health and well-being in the wilderness is the responsibility of each and every member of an Outward Bound crew. The wilderness can be a very unforgiving teacher. To emphasize these points, we ask that you (and a parent/guardian as required) read, sign and return all required forms.

We look forward to receiving your paperwork. Without all relevant data, it is difficult to adequately plan schedules and logistics necessary to provide a quality Outward Bound experience. Please take the time to fill in all requested information.

Completing an Outward Bound course is an achievement and something you will look back on with pride and accomplishment. People of all ages remember their Outward Bound experiences and frequently report, "Outward Bound was the best thing I ever did." I am confident your upcoming Outward Bound course will have a positive impact on you as well.

We look forward to seeing you in the wilderness,

Whitney Montgomery
Executive Director



ABOUT OUTWARD BOUND

MISSION STATEMENT

Changing lives through challenge and discovery.

HISTORY

The name Outward Bound comes from the nautical term describing the moment a ship leaves the safety of the harbor for the unknown challenges and adventures of the open sea.

Outward Bound was founded during World War II. German U-boats were sinking British merchant ships, and many merchant sailors were dying as they waited to be rescued from the rough and frigid waters. Sir Lawrence Holt, owner of the Blue Funnel shipping line in Great Britain, called upon a progressive educator, Kurt Hahn, to help him uncover the answer to this question: Why were the older, more seasoned sailors surviving at a rate much higher than the younger and presumably more fit sailors?

Hahn identified the problem as a lack of confidence rather than any shortage of skill or equipment. He recognized that the younger sailors had not yet developed an understanding of their own physical, emotional and psychological resources. The older men were able to draw on their life experiences and inner resources to survive the hardships presented to them.

To address this problem, Hahn opened the first Outward Bound School in Aberdovey, Wales. The school provided participants with a series of progressively challenging opportunities for success.

Since 1941, Outward Bound has become the oldest, largest and most recognized wilderness educational organization in the world.

WHAT WE TEACH

The Four Pillars and Principles

The Four Pillars represent the historical foundation of Outward Bound and are the core of our course design and delivery.

Physical Fitness – building the physical and emotional stamina to meet challenges

Craftsmanship – modeling quality and intentionality in one's actions

Self-Reliance – being resourceful, recognizing and applying personal strengths

Compassion – selflessly engaging in the welfare and dignity of others

The following Principles complement The Four Pillars and are incorporated in each of our programs.

Safety - managing risk for physical and emotional safety in everything we do

Service - acting selflessly to meet the needs of others and our environment

Courage – taking risks to achieve goals and stand up for universal well-being

Leadership – utilizing collaborative relationships to initiate collective action

Diversity – embracing people's differences as a source of learning and growth

Environmental Stewardship – preserving our natural world for future generations

COURSE DESIGN PRINCIPLES

North Carolina Outward Bound courses provide:

a safe and supportive environment by

- developing a caring and positive group culture.
- designing an experience that supports physical and emotional safety.

challenge, adventure, and problem solving opportunities by

- using unfamiliar settings to impel students into mentally, emotionally and physically demanding experiences.
- utilizing and managing appropriate risk.

learning through experience by

- facilitating engaging, relevant, sequential experiences that promote mastery and incorporate reflection and transference.
- learning from success as well as failure.

DESIRED COURSE OUTCOMES

North Carolina Outward Bound courses inspire:

character development and personal growth through

- demonstrating an increase in self-knowledge and awareness.
- perseverance, courage and confidence.
- self-reliance, initiative and responsibility.
- craftsmanship and pride.
- physical and emotional fitness.
- the ability to embrace differences.

leadership and teamwork by

- demonstrating the ability to set goals, and inspire and guide others to achieve them.
- demonstrating the ability to collaborate, communicate, solve problems and resolve conflicts effectively.

service and compassion through

- demonstrating an increased awareness of social and environmental issues.
- demonstrating unyielding support for the welfare of others and the responsibility to care for the environment.
- demonstrating a service ethic and actively engaging in service to others.

WHAT TO EXPECT

North Carolina Outward Bound teaches wilderness leadership skills and provides challenging opportunities to put those skills into practice.

Depending on your course, you may learn outdoor skills including backpacking, rock climbing, whitewater canoeing or sea kayaking. Often called the "hard skills," well-developed technical skills are the foundation of outdoor leadership. We will also teach you "soft skills": how to communicate effectively with one another, how to inventory and mobilize your personal resources to successfully overcome challenges, as well as how to process and understand your experiences by sharing them with your crewmates. Both these "hard" technical skills and "soft" interpersonal skills serve as the medium through which we provide all our students the opportunity for personal growth. In order to meet North Carolina Outward Bound's educational objective of developing each student's self-reliance, our goal is to place relatives and friends in different crews (exception: Parent/Child courses).

You will be in the wilderness most of your time at Outward Bound. A tarp or tent will be your home. Do not expect "the conveniences and comforts of home," rather, open yourself up to discovering the joys of living simply.

There is a great deal of emphasis placed on shared responsibility while at Outward Bound. You will be expected to participate in crew chores and activities. More responsibilities are added as your instructors teach you basic skills then step back and let you apply your newly acquired knowledge. For students, this may represent one of their most memorable Outward Bound experiences: the positive feelings of pride and self-confidence that come from "doing something myself."

THE BASICS

You will be living and sharing your experiences with your crew. A crew consists of six to 12 participants, generally a mix of males and females (unless the course is gender specific) who come from diverse geographic, ethnic and economic backgrounds. However, depending on the participants enrolled, co-ed courses may run with all male or all female crews.

The common bond of support and trust within this small community will be carefully cultivated throughout your course. You may be surprised at how quickly you will bond with your crewmates.

Regarding safety, much of the responsibility will also be yours. At North Carolina Outward Bound, safety is our most important priority and, through many years of experience, we have developed effective ways to conduct "high risk" activities. Ultimately, your safety depends on your common sense and maturity.

Finally, expect to be challenged. There is no prior skill required for any of our activities. We teach you everything you need to know to participate in any particular activity. All we ask is that you push your personal limits far beyond what is comfortable, easy and convenient.

PERSONAL HYGIENE

Maintaining personal hygiene in the wilderness is important and is taught on every course. Your instructors will discuss proper techniques for disposing of wastes, techniques for basic cleanliness and teach the Leave No Trace camping method. (Ladies, please see your Feminine Care information.)

AGE RANGES

The age range within a crew depends upon the pool of applicants and may be wider for courses with no maximum age limit and courses targeting an adult population.

MAIL

Depending on the length of your course and course area, mail may be delivered to you. Delivery may take up to one week from the time it reaches our base camp. **There is no mail delivery for international courses, the Outer Banks, or courses shorter than fourteen days.** Please do not have packages sent to you unless they contain emergency items - no candy or food please! All correspondence must be clearly addressed with the participant's name and course number. Letters received near the end of the course may not be delivered on time and will be returned to sender. You will be notified of your base camp mailing address and emergency numbers prior to your course start. **Remember to bring postcards with stamps attached so you can write to your family and friends while you are on course.**

TELEPHONE

You will be in remote wilderness areas and unable to place or receive phone calls. Cellular phones are not permitted on Outward Bound courses. (You may travel with a cell phone which will be stored for you while you are on course.) However, emergency messages can be relayed by calling our toll free number, 800-878-5258, on weekdays. If there is an emergency call, we will deliver the message as soon as possible. Before your course begins, you will receive a letter or e-mail with after-hours and emergency numbers.



COURSE INFORMATION

4- DAY EVERGLADES/TEN THOUSAND ISLANDS CANOEING

PREPARATION

It is important for you to take time to mentally and physically prepare for your course. Look over the Course Preparation and Physical Fitness guidelines on your course web page. If you have yet to start physically preparing, start now and focus on cardiovascular training. You will be putting yourself at a disadvantage if you postpone or ignore physical preparation! If you are unsure how to begin a fitness regimen appropriate for you, contact your physician for assistance.

Note to smokers and caffeine drinkers: If you smoke, it's essential to quit before you arrive. Using your course as a means to quit smoking is NOT recommended. You will be put in a number of stressful situations and a person suffering from nicotine withdrawal may not be able to effectively deal with those situations. If you drink caffeine, it is also essential to quit or significantly reduce your level of consumption prior to your course start. Caffeine withdrawal may cause severe headaches which can hinder your progress on course.

SHELTER

While in the Everglades/Ten Thousand Islands, you may be sleeping on the beach in tents with up to four other participants or on camping platforms in a personal bug tent. You will also be given a ground sheet and a foam sleeping pad to place under your sleeping bag.

FOOD

Outward Bound practices Leave No Trace camping ethics. Therefore, we seldom build fires. You will be cooking on gas camp stoves. Your instructors will teach you backcountry cooking techniques and you will be responsible for helping with the preparation of all meals for yourself and your crewmates. Your diet will be a mix of dehydrated foods, fresh fruits and vegetables. We use rice, tortillas, crackers, salami, cheese, peanut butter, jelly, tuna fish, pasta and trail mixes. The amount of physical activity you experience during your course demands a nutritious diet to help fuel your body. Junk food is not available on course. If you have special diet requirements, make sure we are aware by recording these requirements in your Medical Record booklet. For more information on nutrition, refer to the Medical Record booklet.

HYGIENE

You will be outside while on course and won't have access to a shower or bath. You will be able to do basic cleanup every day: brush your teeth, wash your face and comb your hair. At the end of your course, you will be able to do a more thorough cleanup. Our staff are very skilled in field hygiene so please don't hesitate to approach them with any questions or concerns.

WASTE MANAGEMENT

Since North Carolina Outward Bound is an outdoor program, you can expect to learn and use Leave No Trace camping techniques. Know that it is natural to have questions regarding sanitation in an outdoor setting. Your instructors will answer your questions and will teach you the hygienic and environmentally safe way to dispose of waste.

CANOEING

You can expect to spend a good deal of time each day in canoes. You will be in a tandem canoe, which means there are two participants per canoe. Depending on the wind and weather, the level of difficulty will vary day to day. You and your crewmates will learn or practice:

- marine expedition risk assessment and management.
- marine route planning and navigation.
- paddle strokes and techniques for canoe propulsion and steering.
- canoe-based assisted rescues and self-rescues.
- expedition equipment use, care and maintenance.
- how to work with your paddling partner.

It will be necessary for you and your crewmates to perform a swim assessment; as well as a flip and swim assessment as practice for paddling and self-rescue. This activity is closely monitored by your instructors. It is critical for us to determine your paddling comfort as you and your crew explore the islands. Even if you are a non-swimmer or weak swimmer, you will still participate in this safety assessment. All students will be wearing personal floatation devices (PFDs) during the assessment. Personal floatation devices (PFDs) are required apparel anytime students are on the water.

SERVICE

Service will be a continuous theme throughout your course. The ethic of service is practiced through Leave No Trace camping techniques, reaching out with compassion to your fellow crewmates and working together as a team to overcome the challenges of Outward Bound.

SOLO

Solo typically occurs more than halfway through your course and may be an overnight experience. Your instructors will assign each participant an individual campsite within a designated area. You will have appropriate clothing, food, water, shelter, and your sleeping bag as well as your compass and whistle. Your instructors will teach you procedures to follow during solo and monitor you during this experience. You will know the location of your instructors' solo site should you need to contact them; otherwise it is essential that you remain at your solo site. During solo, you will take time to relax, recharge and reflect on your progress while on course. Solo is also a good time to write in the journals we provide. The Parent/Child course may offer a DUO (a variation of Solo.) NOTE: Solo is not a "survival test."

FINAL CHALLENGE EVENT

At the end of your course, you may participate in a final challenge event. This is an opportunity to see how much your skills have improved since you began your course.

PARENT/CHILD COURSE

Our Parent/Child courses offer the same challenges with an added focus on building trust and communication within parent/child pairings.

BACKGROUND READING

Here are some books that we encourage you to read as you plan for your course:

The Outward Bound Wilderness First-Aid Handbook by Jeff Isaac

Leave No Trace: A Practical Guide to the New Wilderness Ethic by Annette McGivney

Liquid Land by Ted Levin

Ten Thousand Islands by Randy Wayne Wright

The Swamp by Michael Grunwald

Stolen Water by W. Hodding Carter



COURSE PREPARATION AND PHYSICAL FITNESS

ATTITUDE AND MENTAL PREPARATION

Have fun and enjoy the adventure of preparation while training for your course! This is an excellent opportunity for you to get outside, get fit and explore your neighborhood's parks and recreation areas.

Your attitude of commitment and willingness to try new things are two of the most important contributions you can bring to your course. Prepare yourself to take on new challenges and try new activities. If you have questions, please call your Student Services Representative.

Your ability to interact well with a group is also important to successfully completing your course. Plan to be patient, to persevere, to expand your limits and to have a positive and memorable adventure!

FITNESS AND TRAINING

Many people, novice and experienced alike, believe the harder the body is pushed, the faster it will improve. In fact, the opposite is true. By moderating your exercise routine and approximating your Target Heart Rate, you will improve more quickly, building strength and stamina.

Exercise is not the same as work. A person may work quite hard all day, finish the afternoon exhausted, and still not be getting enough exercise to be fit. Daily stop-start routines are demanding but, if they don't allow for an increase in oxygen consumption for more than a few minutes at a time, they will not contribute to basic fitness.

- You do NOT have to be an athlete or highly-trained to attend an Outward Bound course.
- You DO have to be physically capable and active. Our courses are demanding. You will use your muscles in new and challenging ways.
- It takes strength and fitness to paddle a boat for six or eight hours a day, carry a 50+ pound pack for 5 miles or climb a rock wall. If you aren't already involved in a fitness program, now is the time to start.
- Your efforts will pay off in enjoyment, comfort and fun.

We strongly suggest that applicants who are over weight or have high blood pressure, family history of heart disease, diabetes, a prolonged sedentary lifestyle or smoke more than one pack a week consult with their physician to establish an exercise program.

TARGET HEART RATE AND THE TALK TEST

Exercise physiologists agree that in order to develop aerobic fitness, you must get your heart beating faster than normal. Efficient training is not dependent upon the speed your body moves, but rather on the number of times your heart beats per minute (take your pulse for 6 seconds and multiply by 10). Exercise too slowly and all you're doing is burning calories, too fast and you run the risk of burning out. The key to aerobic fitness training lies in moderate effort. This can be readily monitored in two ways:

- 1) A common rule of thumb is to increase your resting heart rate to your Target Heart Rate (THR), a number derived by subtracting your age from 170 ($170 - \text{Age} = \text{THR}$). This formula approximates the number of times your heart should beat per minute in order to optimize your workout. Maintain this level (which will end up being in the range of 120 to 150 beats per minute) for a minimum of 30 minutes, three times a week (five times a week is optimum).
- 2) Perhaps the most useful measure of whether you are exercising too hard is your ability to pass the Talk Test. If you are pushing too hard to carry on a conversation without panting, then it is possible that you are working harder than our body can train. If slow running leaves you breathless, then slow to a walk. If you are a beginner, you may find that you have to move quite slowly to pass the Talk Test but, as you train and your ability to transport oxygen becomes more efficient, your speed and your ability to sustain performance will naturally increase.

THE BEST EXERCISE THERE IS

For most people, the best and most accessible exercise is jogging—a combination of walking and running compatible with your current level of fitness, ability and interest. Why jogging? It's the simplest, cheapest, least encumbered, most available and most efficient way to use your large leg muscles—requiring the heart and circulatory system to pump large quantities of blood and oxygen.

The most important thing is to find an activity that you enjoy doing. While exercising three times a week for thirty minutes is the minimum, five times a week is optimum physical preparation for your course.

Build in 15-30 minutes every other day for light weight training. Weight training helps build strength which will complement your aerobic fitness.

Yoga? Stretching? Imperative. Stretching maintains flexibility.

COURSES WITH BACKPACKING

Hike with a weighted backpack. Start with 20-30 lbs., then build to 50+ lbs. If you do not own a backpack, you may be able to borrow one from a friend, family member or rent one from an outdoor sporting goods store. If none of these options are available, try a smaller "book bag" style backpack with approximately 15 lbs. in it. Start out hiking just a couple of miles on hilly terrain or stairs and increase your intensity and mileage as you gain strength and endurance. On course, you can expect to carry a backpack that weighs approximately 40 to 55 lbs., and you may be hiking for distances of five to 15 miles per day.

COURSES WITH ROCK CLIMBING

Climbing indoors at your local rock climbing gym is the best way to prepare for climbing outdoors. If climbing at a gym is not available, substitute pull-ups, sit-ups and strength training with weights. On course, you will practice knots, climbing and belay techniques as well as safety procedures.

COURSES WITH A WATER COMPONENT

Endurance train at least three times a week on a rowing machine. If a rowing machine is not available, supplement with strength training three times a week by including sit-ups, pull-ups, push-ups or weight training that concentrates on your shoulders, stomach and back.

EIGHT WEEK FITNESS PROGRAM

This program outline is appropriate if you enrolled eight or more weeks prior to your course start. If you don't have the full eight weeks to train, adjust this program accordingly. Take this conditioning program seriously; getting in good shape before your course will significantly reduce the chance of injury and increase your opportunities for success.

The general rules of the road are these: enjoy yourself; mix up your training so you aren't doing the same thing every day (jog, swim, bike are all examples); approximate your Target Heart Rate while being able to pass the Talk Test; don't hurt yourself; increase your regimen by no more than 10% per week; take at least one day off a week; finish your workout smiling.

- **Indoors:** Stair climber, stationary bicycles, rowing machines, aerobic classes, yoga, team sports or swimming.
- **Outdoors:** Running, power walking or cross-country skiing. Hilly terrain is best. If hills are not available to you, integrate a section of stairs (buildings, stadium bleachers).
- **Strength Training:** Supplement the above with weight training or sit-ups and push-ups. Focus on building strength in your legs and supportive muscles of the back, shoulders and stomach.

EIGHT WEEK FITNESS PROGRAM OUTLINE

WEEK ONE

Day 1, 3, 5: 30-45 minutes of aerobic fitness training

Day 2, 4, 6: 10 minutes of stretching and 10 minutes of light weights

Day 7: Rest

WEEK TWO

Day 1, 3, 5: 30-45 minutes of aerobic fitness training

Day 2, 4, 6: 10 minutes of stretching and 15 minutes of light weights

Day 7: Rest

WEEK THREE

Day 1, 3, 5: 30-45 minutes of aerobic fitness training

Day 2, 4, 6: 10 minutes of stretching and 20 minutes of light weights

Day 7: Rest

WEEK FOUR

Day 1, 3, 5: 30-45 minutes of aerobic fitness training

Day 2, 4, 6: 10 minutes of stretching and 20 minutes of light weights

Day 7: Rest

WEEK FIVE

Day 1, 3, 5: 30-45 minutes of aerobic fitness training

Day 2, 4, 6: 15 minutes of stretching and 20 minutes of light weights

Day 7: Rest

WEEK SIX

Day 1, 3, 5: 30-45 minutes of aerobic fitness training

Day 2, 4, 6: 15 minutes of stretching and 25 minutes of light weights

Day 7: Rest

WEEK SEVEN

Day 1, 3, 5: 45-60 minutes of aerobic fitness training

Day 2, 4, 6: 15 minutes of stretching and 30 minutes of light weights

Day 7: Rest

WEEK EIGHT

(TAPER OFF ONE WEEK BEFORE COURSE)

Day 1, 3, 5: 30 minutes of aerobic fitness training

Day 2, 4, 6: 10 minutes of stretching and 10 minutes of light weights

Day 7: Rest



CLOTHING AND GEAR

EVERGLADES/TEN THOUSAND ISLANDS SEA KAYKING OR CANOEING

WHAT WE SUPPLY

North Carolina Outward Bound supplies the technical equipment needed for your course including a kayak or canoe, shelter, sleeping bag, sleeping pad, rain gear, compass, cooking equipment and eating utensils. At the end of course, you will clean all gear that was issued to you. Bring only the items on the Clothing and Gear list.

WHAT TO BRING

Because our courses are characterized by unpredictable weather, obtaining the proper clothing is crucial. Please bring the items on the Clothing and Gear list as described. You can find these items at camping, outdoor and thrift stores, Army/Navy surplus, outlets, and mail-order catalogs.

Clothing and gear can be expensive. Shop around before you buy. Buy last year's model; don't worry about colors or style. Your choices should be governed by whether or not the piece of clothing or gear will meet our requirements, not if it is the best looking or newest! Many students use the following websites to shop for clothing and gear:

Recreational Equipment Incorporated - www.rei.com

Eastern Mountain Sports - www.ems.com

Sierra Trading Post - www.sierratradingpost.com

Campmor - www.campmor.com

When you arrive for course start, you will not have an opportunity to purchase forgotten items!

FABRICS

It is important that all your clothing be comfortable, quick-drying and warm. Fabrics such as polyester, polypropylene, fleece, acrylic, rayon, wool or name brands like Polartec™, Thinsulate™, COOLMAX® and Capilene are just a few favorites of outdoor enthusiasts, since they retain much of their insulating qualities when wet. There are other brand names as well. Check with a sales associate or mail-order representative. Do not bring down, denim or cotton clothing (unless otherwise indicated).

Our Clothing and Gear list reflects the layering principle. Several layers of light clothing keep you warm and can be adjusted to changes in both weather and activity. For example, wearing a polypropylene undershirt, a mediumweight wool or synthetic sweater and a fleece jacket allows you to adapt to changing conditions.

PACKING AND STORAGE

Pack your clothing and gear in a duffel bag or soft luggage container. When you arrive, you will receive the items Outward Bound provides (see "What We Supply" section) and your instructors will teach you and your crew how to pack for your expedition. You will keep personal items such as clean clothes (for your return trip home) and valuables (cell phones, electronic devices and wallets) in your duffel or soft luggage container. These items will be stored at our base camp facility in a locked storage bin while you are on course. Leave expensive items at home.

MEDICATIONS

Prescription medications brought on course must arrive in the original container with the prescription label intact. The prescription label is documentation for use of the medication while on course. The container should not include other medications, vitamins, etc. Refer to the Medical Records booklet - "Medications".

Do not bring non-prescription medications such as aspirin, Advil, etc., unless it is listed in your Medical Record booklet. We have a medical kit that contains these medications.

YOUR EYES

North Carolina Outward Bound staff recommends glasses with a holding band versus contact lenses. It is more difficult to maintain adequate hygiene when wearing contact lenses in a wilderness setting. Wearing contact lenses may put your eyes at risk of infection or corneal ulcers. These conditions can develop very quickly and can be very serious. In rare cases, these conditions can cause blindness. If you do choose to wear contact lenses, bring both a backup pair of contacts and glasses. Be sure to bring enough contact lens solution and be diligent in your contact lens routine. For more information please visit the FDA website:

Food and Drug Administration - [Contact Lenses](#)

SKIN CARE

Remember – you will be outside the entire time you are on course. Keeping yourself protected against insect bites, sunburn and other types of skin irritation is important to your comfort and safety on course. It is your responsibility to follow your instructor's directions and monitor how your skin is reacting to the environment. We don't want you leaving course sunburned or covered with insect bites.

It is clear to wilderness enthusiasts that the best protection from biting insects, bugs and sunburn is the physical barrier of clothing. Therefore, we emphasize that you bring the required clothing and gear listed. DO NOT bring "short" shorts! If you do, you are only exposing your skin to insect bites, sunburn and abrasions as you expedition.

If you are traveling by air, be aware of TSA guidelines. To avoid TSA taking items out of your carry-on luggage (like insect repellent and sunscreen), pack these items in your checked luggage or do not exceed size specifications. For more information please visit the TSA website:

Transportation Security Administration - [Carry-ons](#)

MONEY

You should bring approximately \$50 with you. You may encounter food and lodging expenses before and after your course. In addition, you and your crewmates are financially responsible for any lost or damaged NCOB gear or equipment.

ELECTRONIC DEVICES AND COMMUNICATION

Cell phones, tablets, GPS devices, and all other electronic devices (except digital cameras) are not permitted on course. Our courses are meant to push participants out of their comfort zones. Part of this "push" includes stepping away from electronic devices. Electronic devices can be very distracting and can disrupt the wilderness experience.

Cell Phones: Although cell phones are not permitted on course, traveling to and from your course with a cell phone and a charger is encouraged. At course start, you will be asked to turn off your cell phone and store it in your personal luggage. Your luggage will be locked in a group storage bin at our facility for the duration of the course.

Cameras: Cameras are welcomed at North Carolina Outward Bound. We recommended waterproof disposable cameras. If you elect to bring a non-disposable camera, we advise that you store it in a small “dry bag” or plastic zip lock-bag. Our courses are rigorous and there is a risk of losing or damaging your camera. **Cell phone cameras, tablets, and any other Wi-Fi enabled electronic devices with built-in cameras are not permitted on course.**

Postal Mail: Mail delivery is not available on Everglades/Ten Thousand Islands courses.

Emergency Communication: If a family emergency occurs while the course is in progress, emergency messages can be relayed by calling our toll-free number (800-878-5258) on weekdays 8:30 AM – 5:00 PM Eastern time. Before your course begins, you will receive an e-mail that will provide an after-hours and weekend emergency phone number.

CLOTHING AND GEAR

This Clothing and Gear list is the result of many years of staff and participant feedback. Please follow this list closely. Points to keep in mind while planning and shopping:

- Changing weather conditions may require use of all of these items. Keep receipts and tags from new purchases so any unused items can be returned after course.
- Clothing should be made from synthetic or wool fibers such as polyester, polypropylene, fleece, acrylic, rayon, wool or name brands like Polartec™, Thinsulate™, COOLMAX™ and Capilene.
- Wearing white or light colored clothing keeps you cooler; in addition, they attract fewer biting insects. Dark colors are acceptable for insulating attire.
- Cotton clothing loses its insulating properties when wet. Also, cotton does not dry quickly in the outdoors. For these reasons, do not bring items made with cotton unless otherwise noted.

REQUIRED UPPER BODY CLOTHING

- 1 mediumweight fleece jacket or pullover (200 weight fleece)
Comfortable, breathes well, insulates when wet. A sufficiently warm wool or wool/synthetic sweater may be substituted - if in doubt, bring two sweaters.
- 1 mediumweight synthetic long underwear top
- 1 long sleeved, light colored button up shirt
- 2-3 synthetic t-shirts
- 3 sport/jog bras (if applicable)

HEAD

- 1 mediumweight fleece or wool hat that covers your ears and the back of your neck
- 1 wide-brimmed sun hat or baseball cap
- 1 bandanna (used to shield your head, neck or face from insects and sunburn)

EYES

- 1 pair sunglasses
- Prescription eye wear and/or contacts (if applicable)
Bring an extra pair in case of loss or damage. If you have limited vision without your glasses, bring prescription sunglasses.
- Retainer straps (make sure they fit your glasses tightly and have an adjustable strap)
- Hard cases to store glasses

HANDS

- 1 pair of lightweight synthetic gloves (for sun protection)

REQUIRED LOWER BODY CLOTHING

- 1 mediumweight synthetic long underwear bottom
- 1-2 pairs of quick-dry nylon trekking pants (can be the type that converts to shorts)
- 2 pairs of quick-drying nylon shorts (at least one with liner; no “short shorts”)
- 2-4 pairs of synthetic, quick-dry (not cotton) underwear or boxer shorts

FEET

- 1 pair of **WET SHOES**: secure fitting shoes that enclose the entire foot and have a hard sole, such as old running shoes or sneakers. These shoes will be worn when paddling and WILL get wet.
UNACCEPTABLE WET SHOES: Any open toed and/or open heeled and/or open side sandals (Teva, Chaco, Keen), clog type shoes or flip flops (Crocs), Vibram 5-finger shoes, aqua socks or low cut slip-on shoes.
- 1 pair of lightweight running shoes (to be used for running and can be used as your CAMP SHOE)
- 1 pair of CAMP SHOES: The running shoes listed above may double as your camp shoe, OR you can bring a Croc-type shoe or a sport sandal. This camp shoe MUST fit securely, have a hard sole, be closed toed, and enclose the majority of the foot.
- 1-2 pairs of mediumweight wool or synthetic socks
- 2 pairs of lightweight synthetic socks

ADDITIONAL REQUIRED ITEMS

- \$50 cash (see “Money” section)
- Prescription medication (if applicable)
- FOR SEA KAYAKING COURSES ONLY: 1 water bladder with bite-valve (Platypus, MSR). Hydration backpacks are not recommended.
- 1 LED style headlamp with 1 spare set of batteries (recommended) OR 1 standard headlamp with 3 sets of spare batteries and one spare bulb. Avoid halogen bulbs to prolong battery life.
- 1 small bottle of insect repellent (no aerosol or wipes)¹
- 1 waterproof watch with alarm
- 1-2 tubes of sunscreen SPF 30+ (should be less than 1 year old)¹
- 1-2 lip balms SPF 30+ or greater
- 1 small bottle of foot powder (Gold Bond is highly recommended.)
- 3 pens or pencils
- 1 old twin flat sheet (39 x 75 inches) or sarong (55 x 57 inches) or shemagh (44 x 44 inches) to cover up from bugs on hot nights and for discrete clothing changes
- 2-4 gallon-sized zip lock bags (for keeping items like notebook, camera dry and clean)
- Travel size toiletries for expedition: small toothbrush, small tube of toothpaste, comb or brush (we will provide you with biodegradable soap)¹
- Travel size toiletries that will stay at base camp: shampoo and conditioner, soap, towel, toothbrush, tooth paste, comb or brush (for post course clean up.)¹
- 1 sets of extra clothes for travel days

¹If you are traveling by air, be aware of TSA guidelines. To avoid TSA taking items out of your carry-on luggage (like insect repellent and sunscreen), pack these items in your checked luggage or do not exceed size specifications. For more information please visit the TSA website:

Transportation Security Administration - [Carry-ons](#)

OPTIONAL ITEMS

It's nice to go light, but many past students also recommend bringing the following items:

- Crazy Creek camp chair
- Camera (with extra batteries and memory card or extra film)
- 1 unlined nylon shell windbreaker

IMPORTANT NOTE ABOUT MEDICATIONS

Refer to section titled MEDICATION in this Clothing and Gear booklet or contact our Medical Screener at medical@ncobs.org or 1-800-709-6098.

SEA KAYAKING PHYSICAL CRITERIA

If you are enrolled on a sea kayaking course and one or more of the following criteria applies to you, you may not fit comfortably in our sea kayaks. Please contact your Student Services Representative if your:

- Height is 6 ft. +
- Weight is 275 lbs. +
- Shoe size is Men's 12 +



FEMININE CARE INFORMATION 4 TO 28 DAY COURSES

In order to be prepared for your menstrual cycle on course, please bring the following:

- Twice the number of tampons, pads or panty liners you normally use during your cycle. If you use tampons exclusively, we suggest bringing panty liners as well.
- 1 to 2 extra pairs of underwear
- 1 to 2 opaque* (not transparent) quart-sized zip-lock bags or small soft cosmetics bags to store your unused feminine products.
- 1 to 2 opaque quart-sized zip-lock bags or small soft cosmetics bags to store your used feminine products.
- 1 opaque gallon size freezer-grade zip-lock bag or medium-sized soft cosmetics bag. This bag will hold the two smaller bags noted above, plus the following items:
 - 1 travel pack of feminine or baby wipes
 - Extra bandanna (can be used after the wipes to help keep clean and dry)
 - 1 travel size bottle of instant hand sanitizer or anti-bacterial soap that does not require water

* If using zip-lock bags, we recommend placing duct tape around them to make them opaque.

Please be aware that increased physical activity during Outward Bound may cause a change in your menstrual cycle. Even if you don't expect your cycle during course, come prepared with the items noted above.

We practice Leave No Trace camping techniques. Therefore, we pack out all that we pack in. This means that you will be expected to store used products until you reach your next re-supply. Re-supplies often occur every three to seven days. You will then be able to dispose of any used items.

If you need support, your instructors are very experienced in helping to solve feminine care concerns while on course. Don't hesitate to ask them questions.

Please feel free to contact your Student Services Representative (1-800-878-5258) to further discuss any questions or concerns.