

# **CLOTHING AND GEAR**

## **NORTH CAROLINA MOUNTAIN**

Created for Purpose



APPALACHIAN MOUNTAIN  
LEADERSHIP

### **WHAT WE SUPPLY**

Appalachian Mountain Leadership will supply you with the technical equipment that you will need during your course. These items include backpack, sleeping bag, sleeping pad, cooking and eating equipment, navigation equipment, emergency whistle, and rock climbing gear (harness, helmet, etc.).

### **WHAT TO BRING**

Please arrive with your things in a duffel style bag. The items that you will need to bring are personal items, mostly clothing and personal toiletries. Selection of clothing is critical; please pay careful attention to the clothing list and pack accordingly. Once you arrive to your course start, there won't be any opportunities to purchase additional items. Outdoor stores, Army/Navy surplus stores, and thrift stores are all excellent options for acquiring appropriate gear. If you are able to borrow personal items from a friend or family member, please make sure they understand and are OK with their items being returned with noticeable wear.

\*Items that you bring with you to your course start that you do not bring on your course will remain in a secure storage area inside your duffel. While your belongings will remain secure, we ask that you please do not bring unnecessary valuables to your course start.

### **A SPECIAL NOTE ON FABRICS**

Because you will be in outdoor environments for the entirety of your course, it is important that you bring clothes that will keep you warm and dry. Fabrics such as polyester, polypropylene, fleece, acrylic and wool are excellent because they retain much of their insulating qualities even when wet. Name brands such as Polartec, Thinsulate, COOLMAX, and Capilene are trusted favorites of outdoor enthusiasts and professionals. There are many other fabrics that will work well.

You'll notice that our clothing list includes several layers for top and bottom- this reflects a layering principle. By using a layering system, you will be able to optimally regulate your personal comfort.

### **EYEWEAR AND YOUR EYES**

AML recommends that if you require corrective lenses that you bring your prescription glasses with a glasses keeper strap. It is more difficult to maintain adequate hygiene for wearing contact lenses in a wilderness environment. Wearing contact lenses may put you at risk of several serious conditions including eye infections.

### **MEDICATION**

AML asks that any prescription medication arrive in the original container with the label intact. This will be used as verification by our staff. Please don't bring non-prescriptions such as Advil, Benadryl, etc. as we carry these in our first-aid kits.

## BOOTS AND FOOTWEAR

A well fitting, waterproof pair of boots will provide an incredible amount of comfort for your feet. For a weekend course, it is less critical that you purchase a pair of waterproof boots. What is essential is that your boots meet the following criteria:

- (1) **A good fit.** You should wear your boots around prior to arriving on course to make sure they fit securely on your feet without giving "hot spots." A hot spot is where your boot rubs your foot in a specific location (for example your heel), and will develop into a blister unless treated.
- (2) **A Rubber Lug Sole.** This will look like a tire tread on the bottom of your boot.
- (3) **Ankle Support.** Make sure that your boots aren't low-cut. They must come up over the ankle. The weight of carrying a fully loaded backpack puts additional strain on your ankles as they stabilize your body while traveling over rocks, roots, and generally uneven terrain.

## REQUIRED CLOTHING

- synthetic/wool warm hat that covers your ears
- Hat with a brim
- 1-2 synthetic T-shirts
- 1 light-weight synthetic long underwear top
- 1 light-weight synthetic long underwear bottom
- 1 fleece jacket or wool sweater
- 1 pair quick-drying synthetic shorts
- 1 pair quick-drying synthetic long pants
- 3 pair synthetic underwear
- 2 synthetic sports/jog bras
- 2 pair synthetic/wool socks
- 1 pair hiking boots
- 1 pair lightweight running shoes
- 1 extra set of clothes for travel home
- 1 waterproof raincoat with hood
- 1 pair waterproof rain pants

## REQUIRED GEAR

- 1 duffel bag or soft luggage for personal clothes and gear during travel
- lip balm
- small sunscreen (spf 30+)
- small insect repellent
- small tube of toothpaste
- toothbrush in ziplock
- feminine hygiene
- 2 bandanas
- 1 headlamp or flashlight (preferably with LED bulbs)
- 1 extra set of batteries for headlamp or flashlight
- 2 1 liter water bottles
- 2 ballpoint pens/ pencils
- 1 Bible and 1 travel sized journal (small)
- cash for travel

## OPTIONAL CLOTHING AND GEAR

- 1 nylon windbreaker
- 1-2 pairs liner socks (for blister prevention)
- 1 pair sandals (with a heel strap)
- Crazy Creek style camp chair
- camera with waterproof bag
- extra gallon zip-lock bags
- trekking poles
- sunglasses with glasses keeper strap

## PLEASE DON'T BRING

- sheath knives (any knife with a non-retractable blade)
- a smartphone as your camera
- iPods
- expensive Jewelry
- Global Positioning System (GPS) units or Personal Locator Beacons (PLBs)