

Outer Banks Expedition Packing List

WELCOME to Green River Preserve Expeditions! We look forward to having you with us this summer on the Outer Banks of North Carolina.

One of the most fun aspects of a Green River Preserve Expedition is assembling your gear and clothing. This list will help you decide what to bring with you on your Expedition. Please remember to stick to the packing list and not bring unnecessary items. We travel in a 15-passenger van and a truck. We recommend using any of these items you might already own or borrowing from a family member. Others you will have to purchase. Your local outdoor shop or REI are great places to start. We also have found success with sale items on the following websites: Sierra Trading Post, Campmor, and The Clymb. If you have any questions, please do not hesitate to call or email.

Upper Body Clothing			
<p>We layer our clothing, combining different garments to achieve optimum insulation and protection from wind and rain. The upper garments listed here are either synthetic or wool, which insulate when wet, or nylon or GoreTex® which help prevent heat loss by cutting wind, rain. You will need 3-4 insulating layers, plus a wind and a rain layer. All must fit comfortably over one another so they may be worn simultaneously. With the exception of your t-shirt, cotton and cotton blends are unacceptable as cotton offers poor insulation when wet.</p>			
Equipment	Quantity	Comments	Check List
Long sleeve shirt	2-3	One should be quick dry material. This will protect from bugs and sun. A colored shirt is nice as it will protect the back of the neck from sun. GRP fishing shirts are great for this and can be purchased from the camp store	
Short sleeve shirt	5-7	2 should be quick dry. The others can be cotton.	
Rain Coat	1	Sturdy, roomy waterproof jacket with a hood. Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable. Consider the balance between a lightweight jacket, that still seems durable, to withstand abrasion. "3-ply" fabric is suggested.	

Lower Body Clothing			
Equipment	Quantity	Comments	Check List
Shorts	3	Should be quick dry athletic style shorts. Shorts to the knees can be good for sun protection.	
Pants	1	Light weight quick drying. You will be happy to have these for both protection from sun and bugs. These can be zip off.	
Rain Pants	1	Both coated nylon and breathable fabrics such as Gore-Tex® are acceptable. Consider the balance between a lightweight pair, that still seems durable, to withstand abrasion. "3-ply" fabric is suggested.	

Miscellaneous Clothing			
Equipment	Quantity	Comments	Check List
Swim Suit	2-3	One piece or tankini recommended because of PFDs will chafe bare skin.	
Underwear	8-10	Synthetic material is best.	
Sarong/wrap (optional)	1	This is often a favorite with the leaders. It protects against sun and bugs but is not too hot. It can be used as an additional towel or sheet	
Rain Hat (Optional)	1	Some find they prefer a rain hat to a hood	
Sun Hat	1	A big brim and a chin strap. A straw hat with chin strap may be brought in addition to this.	

Footwear			
Equipment	Quantity	Comments	Check List
Closed Toe Sandals/water shoes	1 pair	These should fit snugly and preferably not have Velcro as it will pick up sand and will not function sufficiently when wet. This is to protect from oyster shells. Keens are great examples. Crocs will not count, as they are not snug.	
Sandals	1 pair	This would be for around camp. Flip-flops and crocs are ok for this purpose.	
Socks	3	One pair quick drying, may be worn in the event of blisters created by sandal straps.	
Tennis shoes or running shoes (optional)	1 pair	These can be old and not in top condition, but think safety, the sole should not be falling off. Can substitute for close-toe sandals.	

Sleeping Gear			
Equipment	Quantity	Comments	Check List
Queen size flat sheet or sleeping bag liner	1	Sleeping bags are often too warm for comfort, and this is often a great compromise.	
Sleeping bag (optional if choosing to use above items)	1	Lightly rated. Due to our wet/humid environment we recommend synthetic filled bags over down or feather bags. Often campers sleep on top of their bag if at all during the trip.	
Sleeping pad	1	Inflatable pads are more comfortable but are prone to puncture. If bringing an inflatable sleeping pad a repair kit should also be brought. (Example: Therma-rest) You may also rent one from GRP for \$10.	
Sleeping bag stuff sack	1	A compression stuff sack makes your sleeping smaller to pack (example: OR Ultralight Compression Sack) A no-compression stuff sack is fine too and weighs less (example: Granite Gear Air Compressor Stuff Sack).	

Miscellaneous Items			
Equipment	Quantity	Comments	Check List
Sun Screen	2-3 bottles	Unscented Non-oil 45+ spf 3 for those with fair skin	
Lip Balm with SPF	1-2 tubes	No Lip Gloss it will burn your lips	
Sun Glasses with strap	1	Think of what the sun does to your skin. A good pair is worth it and you will be grateful.	
Towel	2	One should be a quick dry pack towel.	
Bug Spray	2-3 bottles	Non-Aerosol non-Deet. Bug Off is a example.	
Pocket knife	1	2.5 to 3.5 inch, non-serrated, Locking Blade NO Swiss Army Knives	
A bug proof head net	1	This is a favorite piece of equipment. Coleman army surplus or Outdoor research are good options.	
Headlamp WITH new batteries and an extra set	1	A flashlight is OK in addition to this but headlamp is necessary.	
Mess Kit	1	A cup, bowl, and spoon	
Water bottle	2 -3	32 once bottles. Nalgene, Kleen Canteen, and	

		Camelback are some brands. A bladder can serve as one of these bottles, but not both.	
Paddling Gloves (Optional)	1	These are great for sun protection and preventing blisters. There is no need for anything fancy, even a simple pair of bike or gardening gloves will work.	
Bandana	2-3	These are found to serve many purposes	
Camera (Optional)	1		
Journal, and reading book (Optional)	1	You will have down time each day, and Expeditioners are often thankful they have one or both of these items.	
Camp Chair (Optional)	1	Folks are glad when they have these. They can be purchased at the camp store Crazy Creek is one brand.	
Toilet Articles		Toothbrush, toothpaste, comb/brush, moisturizer, prescription meds, tampons. Sample sizes of 2 oz are preferable.	
Extra hair ties (optional)			
Plastic whistle	1	This is a safety measure we take and we encourage all participants to have a whistle.	

Packs & Bags			
Equipment	Quantity	Comments	Check List
Duffle Bag	1	Medium size to pack all your items in. Once you arrive we will give you dry bags to pack your items in for the kayaking trips.	
Small Stuff Sacks Or Zip lock bags	Several	Used to organize items in your duffle bag and dry bags. (example: Outdoor Research Ultralight Stuff Sack).	
Waterproof Bag Liners	2-3	Durable, sturdy, plastic trash compactor bags. These can be found in most grocery stores.	