

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 avoid unnecessary items as we will be traveling fully loaded in a 15-passenger van and with a truck to haul gear.

Having the correct clothing and gear is vital to the success (and morale) of your Expeditioner. It is also important to make sure you have packed enough. Laundry services are not available while on our expeditions, so ensuring a clean set of clothes is included for closing day/ pick-up may benefit guardians as much as Expeditioners! We understand that these requirements come with a significant price tag in some cases. We recommend using any of these items you might already own or borrowing from a family member to reduce the need to purchase. For items you need to purchase, your local outdoor shop is a great place to start! REI can be a good option as they have a helpful staff, nice return policy, and the option for a membership which pays dividends on most purchased items. Walmart has a growing inventory of acceptable gear, such as water bottles, headlamps, etc.

Ordering from online retailers can also help to keep the cost down. [Sierra Trading Post](#), [Backcountry](#), and [The Clymb](#) are common sources that have discounts and sales regularly. [Ebay](#) can be helpful when you have settled on a particular item and want to look for cheaper or used sources.

Have any questions or concerns? Please feel free to contact Jace Besold (jace@greenriverpreserve.org) with anything on your mind!

Upper Body Clothing			
We layer our clothing, combining different garments to achieve optimum insulation and protection from sun, 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 and can take a long time to dry. Quick-dry materials are preferred. This includes thin-fibered Merino wool, polyester, or nylon. The technical specs can get overwhelming. When in doubt, "cotton is rotten!"			
Equipment	Quantity	Comments	Check List
Long sleeve shirt	2-3	This will protect from bugs and sun. Quick-dry fabrics are ideal. Collars help protect the neck from sun exposure. 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	Make sure jacket has a hood. "Frogg Toggs" are waterproof but less breathable. Fabrics such as Gore-Tex® offer more breathability.	

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.	
Sun Hat	1	A big brim and a chin strap. A straw hat with chin strap may be brought in addition to this.	
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	

Footwear			
Equipment	Quantity	Comments	Check List
Closed Toe Sandals/water shoes	1 pair	Please send your expeditioner with a closed toe water shoe. Open toe shoes do not protect toes from injuries, which can be a trip-ruining experience. These should fit snugly and should 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	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. (We have found success with bicycle tube patch kits as a cheap repair kit) You may also rent one from GRP for \$10 (non-inflatable)	
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	Polarized lenses will offer better protection of the eyes from damaging UV rays, but any sunglasses are better than no sunglasses!	
Towel	2	One should be a quick dry pack towel.	
Bug Spray	2-3 bottles	If DEET, please do not exceed 30% DEET	
Pocket knife	1	2.5 to 3.5 inch, non-serrated, Locking Blade NO Swiss Army Knives, as blades often do not lock. Keep it simple!	
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	Please pack a backup set of batteries. Flashlights are welcome, but not as a replacement for headlamps. Evening activities may require the need for a light source while having both hands free.	
Mess Kit	1	A cup, bowl, and spoon.	
Water bottle	2 -3	32 ounce bottles. Nalgene, Kleen Canteen, and Camelback are some brands. A bladder can serve as one of these bottles, but not both.	
Bandana	2-3	These are found to serve many purposes	
Toilet Articles		Toothbrush, toothpaste , comb/brush, moisturizer, prescription meds, tampons. Sample sizes of 2 oz are preferable. Please note items like hair products and makeup did not make the list! Antiperspirants and deodorants are discouraged.	
Plastic whistle	1	This is a safety measure we take and we encourage all participants to have a whistle.	
Hand Sanitizer	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.	
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.	
Camera (Optional)	1	Disposable cameras are fun and do not require charging.	
Extra hair ties (optional)			

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. Stuff sacks are generally NOT waterproof on their own. Combining with ziploc style bags is helpful (example: Outdoor Research Ultralight Stuff Sack).	
Waterproof Bag Liners	2-3	Durable, sturdy, plastic trash compactor or contractor bags. These can be found in most grocery stores.	