



## Clothing and Gear List Asheville TAASC Program North Carolina Mountains

### What to Bring

TAASC provides you with all the necessary equipment for your trip, including backpacks, tents, sleeping bags, rain gear, and other specialized outdoor equipment. If you have your own gear and would like to use it that is fine with us. We would want to take a look at it and make sure it is appropriate for the planned expeditions and activities. The gear would need to be approved by us before taking it on expedition.

Our courses are characterized by unpredictable weather. Having the proper clothing is crucial. Please bring every item on the clothing list as described. You can find these items at camping, outdoor and thrift stores, Army/Navy surplus, outlets, and mail-order catalogs. We encourage you to shop around as prices vary greatly.

#### **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 Polartech, Thinsulate, Cool/Max, and Capilene are just a few favorites of outdoor enthusiasts, since they retain much of their warm qualities when wet.

Down, denim, and cotton are useless as insulators once they get wet. Please do not bring cotton unless specified.

Our clothing 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 wool sweater and a fleece jacket allows you to adapt to changing conditions

#### **CLOTHING LIST**

- 1 fleece or wool hat ( a warm hat)
- 1 sun hat (baseball cap, visor, etc.)
- 1 bathing suit
- 1 medium- weight synthetic/wool underwear top
- 1 medium-weight synthetic/wool underwear bottom
- 1 synthetic fleece jacket or synthetic/wool sweater
- 2 pair synthetic quick-drying shorts
- 1 pair unlined nylon or other synthetic material pant
- 2 to 4 pair underwear
- 2 sports/jog bras
- 2-3 pair synthetic/wool socks
- 2 pair sock liner (optional)
- 1 pair hiking boots
- 1 pair running shoes
- 1 pair of old sneakers or water shoes with hard bottoms. No flip flops
- 1 set of clothes for sleeping. These can be cotton. (Optional)

## **GEAR LIST**

- 1 tube of SPF lip balm
- 1 small tube of sunscreen SPF 30+
- 1 reliable headlamp with 2 sets of spare batteries and bulb or a small flashlight with spare bulb and batteries
- Insect repellent
- 2 bandannas
- toothbrush and small tube of toothpaste

## **OPTIONAL GEAR**

- 1 unlined nylon shell windbreaker
- 1 old flat sheet (to cover up from bugs on hot nights)
- 1 pair sunglasses with a strap in a crush proof case
- 1 comb or brush
- 1 Crazy Creek
- camera and film (weather resistant)

## **BOOTS**

Proper footwear is essential for your safety and enjoyment. The best boot for our terrain is a light to medium weight boot that has ankle support, leather, nylon or Gore-Tex upper, and a hard rubber lug sole, which looks like a tire tread. Do not buy heavy mountaineering boots or high boots that constrict the calf. Your boots should be waterproof and comfortable. Follow the store clerk or manufacturer's recommendations concerning the type of waterproofing.

## **FOR GIRLS/YOUNG WOMEN**

A dramatic change in activities can cause irregular menstrual periods. Please be prepared for this possibility by bringing plenty of tampons, sanitary napkins or panty liners, as well as zip lock bags for necessary disposal.

## **EYE WEAR/CARE**

If you wear eyeglasses or contact lenses, we recommend that you bring glasses with a holding band rather than contact lenses. If you do choose to wear contact lenses, bring a back-up pair of contacts and glasses.

## **NON-PRESCRIPTION MEDICATIONS**

Please do not bring any non-prescription medications, such as aspirin. TAASC carries an extensive medical kit containing these items.

## **MEDICATIONS**

Students requiring prescription medication should bring double supplies in the event of loss or damage to a medication container.

