



Packing List Reminders

You are preparing for a grand adventure! This is a complete list of everything you will need during your semester at OA. Unless found under the "Optional" section, please consider everything on this list required. As a community that values Simple Living, we ask that you not bring items beyond this list. Extra items will be sent home with your parents or stored on campus. As you pack, please keep these things in mind:

- 1) You will work hard and get dirty on campus, so please leave items that are fragile, delicate or of great sentimental value at home.
- 2) We have all kinds of weather in North Carolina from hot & humid, to snow & freezing rain! Consider this as you choose clothing layers.
- 3) Personal storage on campus is limited to one set of shelves per student and underneath each bed. A set of 4 shelves is generally 8-10" deep, 12" wide, and 4' tall. A trunk 14" tall or less will fit underneath the beds.
- 4) Please label your clothing and gear with permanent marker or clothing labels to keep our belongings organized!

CAMPUS CLOTHING AND GEAR

- 4 pairs JEANS or PANTS.** One pair that can withstand rough treatment for Work Crew and 3 pairs for every day wear to class.
- 3 pairs SHORTS.** No "short shorts" please.
- 6 T-SHIRTS.** Cotton, short-sleeved. Shirts must NOT be tight-fitting, expose the midriff or cleavage, display alcohol, tobacco or other drug-related or offensive messages.
- 3 LONG-SLEEVED SHIRTS.** Can be cotton.
- 2 SWEATSHIRTS/SWEATERS.** Can be cotton.
- UNDERWEAR.** Including 3 pairs of synthetic.
- 5-6 pairs SOCKS.** For everyday use, and in addition to your hiking socks on the gear list.
- 1 SEMI-FORMAL outfit.** For our weekly Community Dinner. This might be khakis, buttoned shirt, dress, skirt, blouse, nice shoes. Please don't bring more than 2 sets of "nice clothes."
- 1 BANDANA** to wear while in the kitchen.
- 2 pairs PAJAMAS**

- 1 pair SNEAKERS or LIGHWEIGHT BOOTS.**
- 1 pair CABIN SHOES.** Can be slip-ons, flip-flops, sandals, etc. for casual wear indoors.
- 1 pair RAIN BOOTS/GALOSHES**
- 1 BOOKBAG or DAYPACK.**
- 1 pair LEATHER WORK GLOVES.**
- PERSONAL HYGEINE ITEMS:**
Soap, shampoo, toothbrush, toothpaste, lens solution, face wash, hair dryer, etc.
- EXTRA GLASSES or CONTACT LENSES.**
- PRESCRIBED MEDICATIONS.** If you use an inhaler, please bring two. OA staff will store and dispense all medications.
- 2 sets of TWIN SHEETS.**
- 2 WARM BLANKETS**
- 2 PILLOW CASES and 1 PILLOW**
- 3 BATH TOWELS.** No beach size please.
- 2 WASHCLOTHS (No Loofahs)**
- 1 LAUNDRY BAG**
- 1 PHONE CARD** for long distance calls home.

SCHOOL SUPPLIES

- 1 Three-RING BINDER.**With extra filler paper.
- 2 SPIRAL BOUND NOTEBOOKS**
- 3 FOLDERS**
- 1 THUMB DRIVE**
- 1 WATCH.** Inexpensive and water resistant.
- PENS, PENCILS, ERASERS, HIGHLIGHTERS.**
- TEXTBOOKS.** If you have them to bring.
- GEOMETRY STUDENTS:**
Locking compass, protractor, ruler, graph paper, calculator (with Trig. & square root functions).
- ALGEBRA II AND PRE-CALC:**
graphing calculator

CAMPUS OPTIONAL

- 1 CAMERA.** If not waterproof, please bring a way to keep your camera safe & dry. GoPro or equivalent needs approval ahead of time.
- FRENCH or SPANISH DICTIONARY**
- MUSICAL INSTRUMENTS**
- STATIONARY & POSTCARDS**
- 1 TRAVEL TEA MUG WITH LID**
- 1 TRUNK.** For extra storage under the bed.
- 1 ALARM CLOCK**
- 1 pair SHOWER SHOES**
- 1 pair SLIPPERS.**
- 1 MIX CD.** May not be offensive or profane.
- 1 PERSONAL JOURNAL**
- 1 DAY PLANNER/ORGANIZER**

Outdoor Programs

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- 1) Please pack your **Outdoor Clothing and Gear in a separate bag from your Campus Clothing and School Supplies.** We will check on Opening Day that you have everything you need to begin Orientation Trek the following morning. Having Outdoor Gear and Clothing in a separate bag will help streamline this process.
- 2) For safety and comfort ALL outdoor clothing needs to be made from wool, fleece, polysynthetic blends, or polypropylene. Cotton clothing will not keep you warm when wet like other materials. Cotton clothing can be packed for the Campus Clothing List.
- 3) Please do not bring a Down-Insulated sleeping bag. We receive far too much rain to keep it completely dry.
- 4) Thrift stores and consignment shops are great for purchasing gear on a budget and work **just as well** as more expensive gear. If you cannot find gear locally, we recommend these sites:
 - www.siearratradingpost.com
 - www.rei.com
 - www.diamondbrand.com
 - www.steapandcheap.com
 - www.campmor.com

OUTDOOR CLOTHING AND GEAR

- 1 pair WATERPROOF BACKPACKING BOOTS.**
Quality brands are: Vasque, Montrail, Keen, Salomon & Asolo. Boots must provide over the ankle support. Low sneakers are not adequate to support the weight we carry in our backpacks. Please break them in before you arrive at OA.
- 1 pair RIVER SANDALS or OLD SNEAKERS.**
These will get wet during river crossings on trek & paddle trips. Can be Chaco/Teva style.
- 1 pair QUICK DRY NYLON SHORTS**
- 1 pair SYNTHETIC QUICK DRY HIKING PANTS**
- 1 pair FLEECE PANTS**
- 1 WATERPROOF RAIN COAT & PANTS**
- 1 WINTER COAT.** Preferably with a hood.
- 1 THICK FLEECE OR WOOL SWEATER**
- 1 MEDIUM FLEECE OR WOOL SWEATER**

- 2 QUICK DRYING T-SHIRTS.** No Cotton.
- 2 QUICK DRYING LONG SLEEVE SHIRTS**
- 1 set LONG UNDERWEAR.** Top & bottoms.
- 4 pairs WOOL OR SYNTHETIC HIKING SOCKS**
- 1 SWIMSUIT.** No bikinis please.
- 1 pair GLOVES OR MITTENS**
- 1 WINTER HAT**
- 1 BRIMMED HAT**
- 2 BANDANAS**
- SUNGLASSES**
- SLEEPING BAG.** Rated to 10-20 degrees with synthetic fill. No down fill please! If you sleep very cold, consider a 0-5 degree bag.
- COMPRESSION SACK** for sleeping bag
- 1 HEADLAMP + EXTRA BATTERIES**
- 2 WATER BOTTLES.** Labeled with your name.
- SUNSCREEN** (SPF 15 or above)
- POCKETKNIFE.** 2-3" folding locking blade.
- WHISTLE.** Fox 40 or Pea Whistle with lanyard
- CAMPING BOWL & SPOON.**

PLEASE DON'T PACK

- HAMMOCKS
- iPOD, TABLET, LAPTOP, CELL PHONE
- STEREO SYSTEM or SPEAKERS
- VIDEO OR COMPUTER GAMES
- HEADPHONES OR EAR BUDS
- CANDLES, INCENSE OR LIGHTERS
- SIBLINGS
- ELECTRIC BLANKETS
- HAIR STYLERS OTHER THAN HAIR DRYER
- DVDS OR EXTRA CDS
- FREE WEIGHTS OR WEIGHT BENCHES
- ELECTRIC LAMP
- FOOD
- PETS
- BICYCLES
- WEAPONS OF ANY KIND

OUTDOOR OPTIONAL

- BACKPACK.** Must be 60 Liters or more.
OA will also provide these to students.
- SLEEPING PAD.** OA will provide foam ensolite pads, but not air filled pads or thermarests.
- 2 CARABINERS.** For organization on trek, NOT for climbing.
- 1 CRAZY CREEK OR CAMPING CHAIR.** You can also purchase these on campus with the OA logo.
- 1 THERMOS OR CAMPING MUG**
- 1 PERSONAL COMPASS**
- SMALL STUFF SACKS** for organization