



NANTAHALA OUTDOOR CENTER

GROUP ADVENTURES

PACKING LIST

Thanks for planning an adventure with NOC! We're excited to see you. Here are our recommendations on what to bring. When packing, keep the following guidelines in mind:

- Adjust the number of items you pack according to how many days you will spend with us and what activities you have planned.
- NOC's mountain location means you may experience a wider range of temperatures than you're used to. Check the forecast, and consider a layering strategy where you can add/remove clothing as needed, especially in the Spring and Fall. Even summer trips can get chilly if it rains, so be prepared.
- Please leave your valuables at home—you won't need jewelry, makeup, fancy clothing or electronic devices.

WHAT TO WEAR FOR...

Whitewater Rafting Lake, Paddle Boarding & Kayaking:

- Long or short-sleeved shirt made out of synthetic or wool material (not cotton)
- Board shorts or nylon shorts
- Swimsuit
- Water shoes or sandals with a heel strap
- Sunglasses or glasses with a strap

Zipline, Alpine Tower, Tree Climbing, Mountain Biking Hiking & Wilderness Survival Skills:

- Long pants or shorts (longer-length shorts are better suited for wearing a harness while zip lining and for riding a bike)
- Long or short sleeved shirt
- Socks
- Tennis shoes
- Closed-toe and closed-back for zip line activities

Adventure Mud Race:

- Shorts, T-shirt and socks that you don't mind getting very muddy
- Old tennis shoes
- Plastic bag to store wet, muddy clothes.

NOC's on-site Outfitter's Store and Wesser General Store carry many of these items. However, there is no guarantee of item or size availability, so please come as prepared as possible.

Overnight Trips:

- Long sleeved cotton shirts
- Short sleeved T-shirts or comfortable shirts (cotton is okay)
- Extra socks
- Shorts
- Long pants
- Underwear
- Pajamas
- Sports bra
- Headlamp or flashlight
- Batteries
- Water bottle
- Toiletries
- Necessary prescription medications
- Sleeping bag
- Sleeping pad (Not necessary in NOC's cabins, inn or bunkhouse lodging)
- Towel
- Sunscreen & lip balm
- Bug spray
- Plastic bag to store wet or dirty clothes
- 1 clean outfit for your return trip

Strongly Suggested:

- Rain jacket and pants
- Baseball cap or wide-brimmed sun hat
- Wool/fleece hat (spring and fall)
- Fleece jacket (spring and fall)
- Gloves (spring and fall)
- Extra pair of glasses or contacts if you wear them
- Optional: Modest cash allowance for souvenir item or snack

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