

what to bring

checklist for OBX



to OBX

back home

- Duffel bag large enough to hold all your clothes & most of your gear
- Small day pack - book bag or a day pack with included water bladder
- Sleeping bag - rated to 40 F
- Sleeping pad – Thermarest is one name brand
- 1 twin size flat sheet
- 12 Liter capacity for water bladders/jugs/bottle – **see note under considerations for OBX**
- Toiletry items – toothbrush, toothpaste, travel size shampoo/conditioner, biodegradable soap
Anti-perspirent clogs pores and is not advised; deodorant is fine
- Headlamp or small flashlight with extra batteries
- Pocket knife or multi-tool
- Plastic whistle
- Mess kit including bowl, cup, spoon & fork, or spork
- 2 towels – one of the towels should be a quick drying pack towel
- 2-3 containers of Sunscreen 45+ and oil free
- 2-3 containers of Bug spray –look for natural, non-Deet, non-aerosol
- Lip Balm with SPF – NO lip gloss; it will burn your lips!
- 1 pair of flip-flops or Crocs to wear around camp
- 1 pair of water shoes or sandals with straps – no Velcro, please
- 2-3 swimsuits – one piece; no bikinis
- 5 pairs of shorts – should be quick dry / athletic style shorts
- 1 pair of quick dry long pants – zip off long pants can also be used as a pair of shorts
- 2 long sleeve shirts for sun & bug protection – at least one that is quick dry material
- 7 short sleeve shirts – several should be quick dry material
- 8-10 pairs of underwear – synthetic material is best
- 2-3 pairs of socks
- 1 fleece jacket or sweater
- 1 warm wool or fleece hat
- 2 bandanas
- 1 Rain suit – jacket and pants
- Extra zip-locks and garbage bags – trash compactor or contractor bags are best
- Extra hair ties - optional
- Camp chair – example, a “Crazy Creek” style chair; optional
- 1 sun hat with a big brim and chin strap – not straw
- 1 bug proof head net
- Sunglasses with strap
- Camera – optional
- Journal notebook with pen or pencil in zip-lock bag
- Reading book – suggestions: The Life of Pi by Yann Martel (F), Flush by Caril Hiaasen (F),
Issac’s Storm by Erik Larson (NF), Under the Black Flag: the romance and the reality of life
among the pirates by David Cordinly (NF), The Flaming Ship of Ocracoke and other tales of the
Outer Banks by Charles Henry Whedbee (NF).