



Beyond the Map

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# PACKING FOR NORTH CAROLINA

➤ [Guide 101](#)



# PACKING LIST

PACK LESS, ENJOY MORE



## IMPORTANT NOTES

By packing for your trip according to this list, you will be prepared for the activities and ensure a more enjoyable experience. We advise you to avoid packing anything not on this list. While your luggage will be safely stored in our cabin, we advise against bringing items of high value or sentiment. If you are not sure what any of the items are, please ask us. For the sake of your own comfort and safety, we want you to be as prepared as possible for your trip.

## ESSENTIAL TRAVEL DOCUMENTS

- Flight Documents & ID**
  - Store important documents in a waterproof or ziplock bag
  - A printed or electronic copy is advised
- Spending money**
  - Cash or cards are advised for extra snacks or souvenirs
  - Most travelers bring \$50-\$100 USD depending on spending habits

## GEAR RENTAL

Items marked with an asterisk (\*) are available for rent from us. If you would like to rent any of these items, please request them at least two weeks in advance. Available until supplies lasts.

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## GEAR LIST: ESSENTIAL ITEMS

- Backpack** (to carry items while hiking)
- \*Waterproof bag cover** (to keep your bag dry during rain/garbage bag alternative)
- Waterproof raincoat or poncho**
- Hiking boots/athletic shoes** (Please bring two pairs. We advise one pair to be old/cheap sneakers that can get muddy while caving. Shoes should have a strong sole)
- Hiking socks** (2 sets of long, non-cotton socks)
- Athletic clothes** (2-3 sets. Non-cotton long-sleeve shirts & lightweight pants- expect one pair to get muddy, wet and possibly stained while caving)
- Down/fleece jacket** (to wear over top of athletic clothing- check weather prior to trip)
- \*Water bladder/water bottle** (1-2 litre capacity is good- NO plastic water bottles eg: Aquafina)
- \*Headlamp/flashlight & spare batteries** (Cell phone does not count as a flashlight)
- Ball cap** (for sun) & **beanie**
- Sunglasses** (we also use **croakies** with our glasses for convenience)
- Bathing suit** (for hot tub at the cabin)
- Sunscreen & insect repellent**
- Personal toiletries** (toothbrush/paste, hand sanitizer, etc)
- Camera, memory cards, and batteries or charger** (a water/weather proof case or camera is advised due to the outdoor nature of this trip)
- Plastic bags/stuff sacs** (handy for keeping dirty/wet clothes separate)
- Casual clothes** (2-3 sets of clothes for non-physical activities)
- Evening clothes** (1 set of clothes to change in to in the evening)
- Travel Bag** (A duffel bag is suggested over a wheeled suitcase- please no incredibly large suitcases. Baggage is not included in the trip cost)

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## GEAR LIST: OPTIONAL ITEMS

- Casual footwear** (cros, slip ons, etc to wear when not doing physical activities)
- Energy snacks & drinks** (some snacks will be provided, but we recommend bringing any energy supplements. We recommend Nuun for your water and Cliff/Stinger energy gel packets)
- Trekking poles** (1 or 2 trekking poles makes a HUGE difference if you are concerned about hiking)
- iPod/mp3 Player** (we recommend enjoying the sights and sounds without electronics but it is also nice to listen to music or a podcast before bed)
- Ear plugs** (useful for light sleepers since the rooms are shared)
- Rain pants** (useful for especially wet hiking days- check weather prior to trip)
- Light gloves** (useful while hiking if weather is cold)
- Mileage/mapping App** (we recommend Relive)
- Bandana/Buff** (all around purpose to have)
- Carabiner** (1 or 2 for strapping water bottle, etc to backpack)
- Personal first aid** (we carry a general one as well but if you use any specific medications we recommend bring your own small kit)

## NOTES FOR YOURSELF: