



## **Packing List – What to Bring on Course**

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California Wilderness-to-Urban Expedition & Service Learning

### **Packing for wilderness travel**

Wilderness travel means you can and, for your comfort should, carry a lot less than you do in the regular world. Most experienced wilderness travelers will tell you that they bring about the same amount of gear on a three-day trip as they would on a three-week expedition. **Please remember: clothing for an Outward Bound course should be functional and appropriate in length/message. There are no style points in the wilderness!**

### **About this List**

This list is designed to be a complete “stock” of all possible ideal combinations of clothing; enough stuff to keep you warm if temperatures are a bit on the colder side but varied enough to carry fewer items if it is warmer. Once you arrive to your course, your instructors will help you select the best combination of items for you. Please don't be frustrated if your instructors ask you not to bring something that you've packed or provide you with an alternative to what you have brought; this is done for efficiency, to minimize pack weight, and to ensure that you have the appropriate gear. **Please do not bring extras except where noted. Also, keep in mind that this list does not include the water, food, and group gear (such as shelters, ropes, etc.) that you will carry.**

Due to variable weather and individual preferences, it is very likely you will not use every single item on this list. **Therefore, we suggest leaving the tags on any items you purchase for this course so that, in the event it was not used on the trip, you have the option of returning it.** When purchasing gear, please be aware of retailers' return policies!!

**Make sure to bring everything on the list!** If there are items not mentioned on this list that you think you might need, call your Student Services representative. While companies such as Patagonia, Mountain Hardwear, and REI make high-quality outdoor apparel, you don't need to spend a fortune. You can shop at army surplus stores, second-hand outdoor stores like Wilderness Exchange or Play It Again Sports or overstock merchants like the Sierra Trading Post. Craigslist and eBay are also great resources for used gear, just make sure you know your size! Please refer to the **Equipment Cheat Sheet** document for suggestions and alternatives.

### **Weather during your course**

You can expect the weather on the Northern California coast to vary. Summer weather may be chilly and foggy in the mornings and evenings. but clearing to be sunny and warm in the middle of the day. Weather at night can range from the 40s-60s Fahrenheit. Daytime temperatures range from the 60s to the 80s. Rain is possible even during the summer. Sometimes the fog lingers, meaning that San Francisco can often be cool and overcast throughout the day, even in July! Be prepared by obtaining all necessary warm clothing listed on the enclosed list.



**PLEASE BRING ALL ITEMS IN THIS SECTION.** You are welcome to bring extras of the items marked with a plus (+) sign. There are multiple brand-name options available at varying prices. Please ask your local outdoor retailer if you have specific questions about sizing. **If you arrive for course without missing or inappropriate items, you will be required to RENT them from Outward Bound.**

## WILDERNESS SECTION

TOPS			
#	Item	Description	Price Range
1	Cotton T-Shirts	Generally worn on course start day	Bring from home
1+	Short-sleeved Synthetic T-Shirt	Generally worn every day on Wilderness section of the course. This is a base layer, meaning it goes next to your skin to wick moisture away. You will often wear more layers on top	\$15-40 each
1	Long-sleeved Synthetic Shirt	This is another base layer, used on cooler days. You will often wear more layers on top. <b>No cotton or cotton blends.</b>	\$20-60
1	Lightweight Fleece Top	Mid-layer made of polyester fabric. Commonly referred to as micro-fleece or 100-weight fleece. Lighter and less bulky than a traditional fleece jacket. <b>Typically comes with a 1/2 to 3/4 length zipper. Wool is also appropriate.</b>	\$30 - \$150
1	Long-sleeved Sun Shirt	Loose, lightweight, and light-colored for sun protection. Our instructors often wear old oxford or men's button-down dress shirts from thrift stores since these get very dirty with daily use. <b>Cotton is OK.</b>	\$2 - \$60
1+	Sports bra	Should have the proper support for athletic activity. Can be worn as a swim top with quick drying shorts if a swimsuit is required. You do not need to bring a swimsuit if you plan on using this combination.	\$15-45 each

BOTTOMS			
#	Item	Description	Price Range
1	Long Underwear bottoms-Synthetic	Mid-weight <b>polypropylene or wool</b> long underwear. These are your base layer for your legs on cooler days. They are worn next to your skin to wick moisture away. <b>No cotton or cotton blends.</b>	\$15-50
1	Quick-Dry Shorts	Lightweight nylon fabric dries quickly. Not needed if bringing 'convertible' pants. <b>No cotton or cotton blends.</b>	\$20 - \$50
1	Quick-Dry Pants	Should be loose fitting to aid in movement. "Convertible" pants with zip-off legs work well as both shorts and pants. <b>No cotton or cotton blends.</b>	\$30 - \$75
1	Fleece Pants	These are made out of polyester fleece. They should be loose enough to fit over a pair of long underwear or shorts.	\$40 - \$100
5-10 prs	Underwear	Cotton is okay for underwear, especially if you are prone to urinary tract infections.	Bring from home

OUTER LAYERS (MUST FIT OVER ALL LAYERS LISTED ABOVE)			
#	Item	Description	Price Range
1	Synthetic Insulated "Puffy" Jacket	Water-resistant, dries more quickly than down and retains some heat when damp. This jacket should fit <u>under</u> your rain jacket. <i>If you don't want to buy a synthetic jacket, you could substitute with a heavy</i>	\$100 - \$200



		<i>300-weight fleece jacket. No down fabric.</i>	
1	Rain jacket & rain pants	<b>All rainwear must be 100% waterproof, not water resistant! Rain jackets should have a hood. "Breathable" fabrics are highly recommended.</b>	\$200+ for pair

## HEAD & HANDS

#	Item	Description	Price Range
1	Warm hat	Fleece, polyester, and wool all appropriate. Should cover ears or have ear flaps. <b>No cotton.</b>	\$12 - \$40
1	Sun hat	Should have a good brim to at least cover your face or have a brim all the way around for added protection. Should be made out of softer materials so it can get folded up easily if needed. Baseball caps are fine.	\$30 - \$80
1 pr	Liner Gloves or lightweight mittens	Usually made from fleece, wool, or synthetic materials.	\$10 - \$30

## FEET

#	Item	Description	Price Range
1-2 prs.	Synthetic Liner socks	Lightweight, flat-knit provides a close fit for a protective second skin that prevents blisters. Should be worn under heavier socks to prevent blisters. Need to be at least crew-height. <b>No cotton.</b> These are <b>OPTIONAL</b> .	\$5 - \$9
2-3 prs.	Mid-weight Wool Hiking socks	These socks are worn on top of the liner socks. Need to come up to the middle of your shin.	\$10 - \$25/pair
1 pr	Lightweight Hiking Boots	<b>See your Boot Guide for more information.</b>	\$120+
1 pr	Camp shoes	"Camp" shoes should be close-toed, secure, lightweight and dry quickly. These are typically worn around camp to give your feet a break after wearing hiking boots all day. Occasionally camp shoes will be used to ford streams. Examples include <b>minimalist shoes, Crocs w/ heel strap, Toms, and mesh water shoes.</b>	Bring from home
1 pr.	Running shoes	Most courses have a Personal Challenge Event at course end that typically involves running, so sturdy running shoes are preferred to fashion or skateboarding type sneakers. An old pair of running shoes is just fine.	Bring from home

## PERSONAL ITEMS

#	Item	Description	Price Range
	Copy of Insurance Card	If you have medical insurance please bring a <b>photocopy of both the FRONT AND BACK of your card.</b> Please do not bring the original card. Your instructors will collect this from you.	Bring from home
1 pr	Sunglasses w/keeper strap	Bring an eyewear retainer with them, such as Croakies or Chums. Essential to protect your eyes in a sunny environment!	\$25+
1	Headlamp	A "hands free" flashlight. LED lamps are brighter than the old Halogen headlamps and consume very little battery power. <b>Bring one set of batteries per week of your course.</b>	\$15 - \$35
1	Watch w/ alarm	Should be inexpensive, durable, & waterproof. <b>This is OPTIONAL.</b> Some instructors may request that you leave your watch behind.	\$10-50
2	Cotton Bandanas	Great as a washcloth and for hygiene.	\$1 - \$5



2	1-Liter Water bottles	Wide-mouthed and durable. Nalgene, Sigg, and Klean Kanteen are good brand names. Powerade type bottle are OK, but please bring a few spare lids. <b>Must be 1 Liter or 32oz in size.</b>	\$1-15 each
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## TOILETRIES

#	Item	Description
-	Toiletry kit	Toothbrush, travel-size toothpaste, floss, comb or small brush, and baby wipes (1-2 wipes per day). Deodorant and makeup are unnecessary. Look in the travel section of the store for appropriate sizes.
1	Small bottle(s) of Sunscreen	Waterproof, SPF 30 or greater. <b>One 3-6oz bottle per week of your course.</b>
1	Lip Balm	15+ SPF or greater
	Prescription eyewear	If you rely on vision correction please bring back up (i.e. second set of glasses in case original pair becomes lost or damaged). If you use contacts, bring extras and a small bottle of solution. Please note that contacts can be difficult to keep clean in the backcountry.
	Prescription medications	<b>THESE MUST BE DECLARED DURING THE APPLICATION PROCESS OR YOU WILL NOT BE ALLOWED TO BRING THEM ON YOUR COURSE.</b> Keep your medications in their original prescription bottles so that they can be easily identified. This includes inhalers and Epi-Pens.
1 week supply	Feminine supplies	<b>Bring at least a week's worth of supplies</b> as changes in diet, altitude, & fitness level can unexpectedly induce menstruation. Instructors have only minimal supplies on hand to lend to participants and may not have your preferred brand or type (pads vs. tampons, for example). If your course is longer than a month make sure to bring an extra week's supply.

## MISCELLANEOUS (FOR TRAVEL TO & FROM COURSE)

#	Item	Description	Price Range
-	\$40-50 for snacks, course expenses, etc.	The first day is often long. Have cash to buy snacks along the way or bring food with you. Participants will also be asked to pay for any borrowed gear that gets lost or damaged and pay for any rentals of required items. <u>You will also have the opportunity to purchase a selection of Outward Bound gear at the end of your course.</u>	
1 set	Clean clothes for the trip home / Towel	Please bring a towel for showering and a set of clothes to travel home in.	Bring from home

**Optional Items:** These are NOT required. Please only buy them if you plan to use the items again after your course or think they will be of great assistance to you while on course.

#	Item	Description	Price Range
1	Hydration System (including pack)	CamelBak or Platypus are good brands. <i>Only the reservoir/ "bladder" is required not the hydration backpack itself.</i> <b>Must be at least 2 Liter capacity.</b>	\$20-\$40
1	Trekking poles	These are of great assistance to those with knee/ankle problems or who want more stability on the trail. Adjustable length trekking poles provide the most versatility and comfort. Old ski poles are an inexpensive alternative.	\$20+
1	Camera	Disposable cameras are great! Regular digital cameras are also fine, but you will have to take some extra precautions to keep out moisture, dirt and sand. <b>You will not be able to charge your camera battery during course.</b>	



## URBAN SECTION

#	Item	Description	Price Range
3-4	Cotton T-shirts and/or Tank tops	Keep in mind that during service days clothes may get dirty.	Bring from home
1-2 pairs	Jeans or pants		Bring from home
1-2	Sweatshirts or other warm jacket	You can also use your fleece jacket on the urban section of the course.	Bring from home

**OUTWARD BOUND PROVIDES ALL OTHER EQUIPMENT INCLUDING SLEEPING BAGS, SLEEPING PADS, AND BACKPACKS. THERE ARE NO ADDITIONAL FEES FOR THE USE OF THIS EQUIPMENT.**

**If you DO wish to bring some of your own gear here are our minimum standards for what MAY be acceptable:**

- Sleeping pads – Can be ¾ to full size in length. They can be made of closed-cell foam (Ridge-Rest or Z-Rest) or be inflatable (Therma-Rest®). If you bring an inflatable pad **you must bring a patch kit as well**. Note that inflatable pads usually weigh considerably more than closed-cell foam pads.
- Backpacks – Need to have a minimum capacity of 70 Liters (4,300 cubic inches) and should be capable of carrying 35-45 lbs. comfortably. Internal frame design is recommended. Side pockets are useful to access equipment while on the trail, such as water bottles.
- Sleeping bags – Need to be made from **synthetic** materials (down fill is not appropriate for our purposes) and have a **15-20 degree rating**.

**If you bring your own equipment it will be inspected by your instructor at the beginning of your course. If it does not meet our standards you can store it with your luggage during course. All personal items not used will be stored in a locked, secure location at our base camp.**

### **Items NOT allowed on course:**

You will not be allowed to bring any of the items listed below on your course. Electronics such as phones or iPods may be brought on the plane or the bus but you will be asked to leave them behind before going into the field.

- Electronics – cell phones/smart phones or iPods
- Deodorant, makeup, shampoo/conditioner, soap, perfume, or cologne
- Illegal drugs, marijuana, alcohol, tobacco products, or prescription drugs not cleared by the Student Services department
- Weapons of any kind



## **A Note About Travel:**

**We highly recommend wearing your course clothing and boots while traveling.** In the unlikely event your luggage is lost or delayed in transport, having your course clothing with you will minimize the inconvenience you may experience until your luggage can be located. Coming dressed and prepared will also further the efficiency on your first day of course, especially since bathrooms and private changing areas may not be available. We also recommend bringing all essentials with you on the flight in your carry-on bag. Items like prescription medications, a copy of your insurance card, and cash can be hard to replace.