



Packing List – What to Bring on course

Yosemite, Joshua Tree & San Francisco Instructor Development – 65 days

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 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 retailer's' 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, alternatives like 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. Please refer to the **Equipment Cheat Sheet** document for suggestions and alternatives.

Course Area Weather

Summer weather in the **High Sierra** can range from warm weather to thunderstorms and hail. Sunny days, often fairly hot at lower altitudes, will be followed by cool and chilly nights under the stars. Rain is uncommon during the summer but does occur so be prepared. The temperatures average in the 70s (Fahrenheit) with potential highs in the 90s and lows around freezing. Obtain all necessary warm clothing listed on the enclosed list. Expect mosquitoes to be at their worst during late June and early July so bring bug repellent or cover up with clothing. Head nets and sun shirts are also highly recommended during those times. Due to the Sierra's very low humidity and high elevation, the effects of the sun are extreme.

As a desert ecosystem, **Joshua Tree** is mostly dry with variable temperatures. Elevations range between 2,000 to 5,000 feet and Joshua Tree does receive occasional rain and even snow at times. Although rain is rare in Joshua Tree, when it does rain, it pours! During the spring months average daytime highs are 65-80 degrees Fahrenheit in the sun with nighttime temperatures 40-50s. However, due to the desert wind, it can feel 10-15 degrees colder than the temperature suggests. Additionally, temperature changes of 40 degrees within 24 hours are common.

Weather on the **Northern California** coast can vary. Summer weather may be chilly and foggy in the mornings and evenings and sunny and warm in the middle of the day. Nighttime temperatures range from 40s-60s Fahrenheit and daytime temperatures range from 60s-80s with occasional rain. 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. Bringing a variety of clothing allows you to layer on and off as conditions change. Bring all enclosed clothing on this list to prepare. Proper sun protection is of utmost importance.



Resupply – Depending on course length, there may be opportunities to ‘resupply’ during course rather than carry every item for the entirety of course. Some resupplies are at front-country trailheads while others take place in the backcountry and brought in by horse packers. Items going in/out at “backcountry” resupplies are more restricted due to weight limitations. Students with a resupply might wish to pack a fresh shirt, pairs of socks and underwear, extra batteries, toiletries and prescription medications. Mail will come in during this time and can also be sent out.

65-Day Semesters: 8 resupplies, roughly one every 7-10 days.

30-Day Semesters: 3 resupplies, roughly one every 7-10 days.

22-Day Courses: 2 resupplies, roughly 1 every week

14-Day Courses: 1 resupply, roughly half way through course.

10-Day Courses: Up to 1 resupply possible, depending on course type.

<10 Day Courses: No resupply scheduled.

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 for recommendations or if you have specific questions about sizing. **Please reference the *Equipment Cheatsheet* and *Boot List* for further information on how to find appropriate and affordable options. If you have significant concerns about any of the items on the list, please contact your course advisor for further assistance.**

TOPS				
Quantity	Item	Description/Comments	Purchase Price Range	Check List
3-4	Base Layer: Short-Sleeved Synthetic T-Shirt	Worn daily, sweat wicking and for warmth. Often more layers are worn on top. For more sun protection, a long-sleeved sun-shirt can be worn instead. No cotton or cotton blends.	\$15 - \$40 each	
2	Base Layer: Long-Sleeved Synthetic Shirt / Base Layer	Same as the short sleeve description, except long sleeve is worn for colder days.	\$20 - \$60	
1	Mid-Layer Lightweight Fleece Top	Polyester fabric. Commonly referred to as micro-fleece or 100-weight fleece. Lighter and less bulky than a traditional fleece jacket. Typically comes with a 1/2 to 3/4 length zipper. Wool is also appropriate.	\$30 - \$150	
1-2	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. Cotton is OK.	\$2 - \$60	
2-3	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.	\$12 - \$30	
BOTTOMS				
Quantity	Item	Description	Price Range	Check List
1-2	Base Layer - Synthetic Long Underwear	Mid-weight polypropylene or wool long underwear. They are worn next to your skin to wick moisture away. No cotton or cotton blends.	\$15 - \$50	
1-2	Quick-Dry Shorts	Lightweight nylon fabric dries quickly. Not needed if bringing ‘convertible’ pants. No cotton or cotton blends.	\$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. No cotton or cotton blends.	\$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	
4+	Underwear	Cotton is okay for underwear, especially if you are prone to urinary tract infections.	Bring from home	

OUTER LAYERS (TO FIT OVER ALL LAYERS LISTED ABOVE)

Quantity	Item	Description	Price Range	Check List
1	Mid-weight Synthetic Insulated "Puffy" Jacket	Water-resistant so dries more quickly than down and retains some heat when damp. This jacket should fit under your rain jacket. Recommend 60+g/m fill weight. If you don't want to buy a synthetic jacket, you could substitute with a heavy 300-weight fleece jacket. No down fabric.	\$100 - \$200	
1	Rain Jackets & Rain Pants	All rainwear must be 100% waterproof, not water resistant! Rain jackets should have a hood. "Breathable" fabrics like Gore-Tex are highly recommended.	\$200+ for pair	

HEAD & HANDS

Quantity	Item	Description	Price Range	Check List
1	Warm Hat	Fleece, polyester, and wool all appropriate. Should cover ears or have ear flaps. No cotton.	\$12 - \$40	
1	Balaclava or Neck Gaiter	Fleece, polyester, and wool all appropriate.	\$10-20	
1	Sun Hat	Should have a good brim to cover your face, for added protection use one with a brim all the way around base. Should be made out of softer materials so it can get folded up easily if needed. Baseball caps are fine.	\$30 - \$80	
1-2 pr	Midweight Gloves or Mittens	Usually made from fleece, wool, or synthetic materials.	\$10 - \$30	

FEET

Quantity	Item	Description	Price Range	Check List
3+	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. No cotton. These are OPTIONAL.	\$5 - \$9	
3+	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 Backpacking Boots	<i>See your Boot Guide for more information.</i>	\$120+	
1 pr	Rock Climbing Shoes	The classic rock climbing shoe is a close fitting shoe built with suede leather or a suede and fabric combination upper that is sewn or bonded to a smooth, "sticky" rubber sole. Should fit snugly but not be uncomfortably tight. It is helpful to get advice from customer service when finding the right size.	\$60 - \$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 minimalist shoes, Crocs w/ heel strap, Toms, and mesh water shoes.	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				
Quantity	Item	Description	Price Range	Check List
1	Copy of Insurance Card	If you have medical insurance please bring a photocopy of both the FRONT AND BACK of your card. 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. Bring one set of batteries per week of your course.	\$15 - \$35	
1	Watch w/ Alarm	Should be inexpensive, durable, & waterproof. This is OPTIONAL. 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. Must be 1 Liter or 32oz in size.	\$1 - \$15 each	
TOILETRIES				
Quantity	Item	Description	Price Range	Check List
1	Toiletry Kit	Toothbrush, travel-size toothpaste, floss, and comb/small brush. Deodorant and makeup are unnecessary. Look in the travel section of the store for appropriate sizes. Women ok to bring baby wipes (1-2 per day).		
4	Small Bottle of Sunscreen	Waterproof, SPF 30 or greater. One 3-6oz bottle per week of your course. Avoid large bulk bottles and sprays.		
2+	Lip Balm	15+ SPF or greater		
3-4	Small Bottle of Bug Repellant (Optional)	Small size, in an unbreakable bottle—no spray cans. Products with Picaridan or DEET (35-100%) are most effective. 1 small bottle for each 10-14 days of the semester. Note that some instructors prefer to cover up with clothing rather than use bug repellent.		
	Paper, postage stamps, envelopes	You will have an opportunity to send letters out during resupply to be mailed home. Instructors will NOT have extra envelopes or stamps so make sure to bring plenty!		
3	1-Gallon Ziplock Bag	These are used to waterproof your smaller personal items, such as a camera, journal, and headlamp. Freezer bags are best.		
	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	THESE MUST BE DECLARED DURING THE APPLICATION PROCESS OR YOU WILL NOT BE ALLOWED TO BRING THEM ON YOUR COURSE. Keep your medications in their original prescription bottles so that they can be easily identified. This includes inhalers and Epi-Pens.		



2 Month Supply	Feminine Supplies	Bring a two-month supply 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).		
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MISCELLANEOUS (FOR TRAVEL TO & FROM COURSE)

Quantity	Item	Description	Price Range	Check List
-	\$100 - \$150 cash plus debit/credit card for snacks and course expenses	The first day is often long. Have cash to buy snacks along the way or bring food with you. Semester courses sometimes have town days where students find they want some money to spend. Participants will also be asked to pay for any borrowed gear that gets lost or damaged and pay for any rentals of required items. You will also have the opportunity to purchase a selection of Outward Bound gear at the end of your course.		
2+	Clean Clothes	This set of clothes is to travel home in and also for your Town Day.	Bring from home	
1	Towel	Please bring a towel for showering	Bring from home	

Wilderness First Responders Supplies

Quantity	Item	Description	Price Range	Check List
2 sets	Scenario clothes (t-shirts, pants)	For the WFR course you will need two sets of clothes that will be used for scenarios. These clothes will get torn, cut, and stained. They will likely be disposed of after the WFR course. Goodwill is a great source for these items.	\$10-\$20	

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

Quantity	Item	Description	Price Range	Check List
1	Hydration System	CamelBak or Platypus are good brands. Only the reservoir/"bladder" is required not the hydration backpack itself. Must be at least 2 Liter capacity.	\$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	Mosquito Head Net	Bugs are unlikely during the fall timeframe	\$10-30	
1	Small Journal or Sketchbook	Outward Bound provides small journals but if you're a big writer then you may wish to bring an additional lightweight, paperback journal or sketchbook.		
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. You will not be able to charge your camera battery during course.		

URBAN & PRACTICUM SECTION

Quantity	Item	Description	Price Range	Check List
2+	Cotton T-shirts and/or Tank tops	Ok to use your Town Clothes during the Urban section. You'll have the opportunity to do laundry during your Town Day.	Bring from home	



1-2 pr	Jeans or Pants	Ok to use your Town Clothes during the Urban section. You'll have the opportunity to do laundry during your Town Day.	Bring from home	
1	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 AT NO ADDITIONAL COST INCLUDING SLEEPING BAGS, BACKPACKS AND SLEEPING PADS.

If you DO wish to bring some of your own gear here are our minimum standards for what MAY be acceptable. If equipment doesn't meet the standards, it will be stored in a locked secure location a base camp.

- Sleeping pads – Can be $\frac{3}{4}$ to full size in length. They can be closed-cell foam (Ridge-Rest or Z-Rest) or 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 80 Liters (4,900 cubic inches) and should be capable of carrying 45-60 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) and have a **0 degree warmth rating for June, September, October courses** and a **15-20 degree rating for July, August courses**.

Items NOT allowed on 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 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.