



## Required Clothing List What to Bring on Course

### Your COBS Packing List:

- Colorado Outward Bound School provides other necessary equipment not on this list, including **stoves, sleeping pads, sleeping bags, cookware, sleeping tarps.**
- There are no additional fees for the use of our equipment, but if our equipment is lost or damaged beyond normal wear and tear, you will be charged for the replacement.
- Pack your clothing and gear in a duffel bag or suitcase. Please do not bring valuables (cell phones, electronic devices) on course. Please leave unnecessary items at home.
- Since this list must accommodate ALL the weather conditions you may encounter and consider the wide range of individual preferences and body temperatures of our students, it is very likely you will not use every single item on this list. One option is to leave the tags on any items you purchase for this course in the event they were not used on the trip and you would like to return them but please note your retailers' return policies!
- **Please bring everything on the list!** If there are items not mentioned on this list you feel you will need, or you have concerns about cost and want help strategizing for less expensive options, call and ask your course advisor.

### Clothing Systems:

- **Layering:**
  - *First layer*—This layer is worn next to your skin. Synthetic and wool materials pull moisture away from your body so your sweat won't cool you down too much and make you cold.
  - *Mid layer(s)*— the insulation layer (warm tops, socks, fleece pants). This should be thick fluffy sweaters and jackets that will trap and store the heat your body is producing to keep you warm.
  - *Outer layer*—the shell layer (jackets, pants, rain gear). Adding an outer wind and/or waterproof layer makes sure that the wind does not steal all that built up heat and all your insulating layers do not get soaked.
- **Hard Shell:** These are materials that are waterproof, windproof, and breathable and generally worn when it's raining, snowing, or really windy.
- **Fleece:** Great insulator and dries quickly, but not always wind proof. In windy conditions, you'll often wear your hard shell over your fleece to combine the wind-resistance and insulation.
- **Wool:** Natural material that, unlike cotton, keeps you warm when wet. It's a bit heavier than some of the synthetic fabric. As a bonus, wool is naturally odor and bacteria resistant.
- **Synthetic:** Most items listed here should not be cotton, because cotton absorbs water, dries slowly, and steals your warmth when wet. Acceptable non-cotton options are wool, capilene, poly-propylene, polyester, fleece, acrylic, rayon, Polartec, Thinsulate, COOLMAX, and nylon.

### Medications:

- All prescription medications must be listed in the applicant's medical record, must be approved by your course advisor prior to course, and must accompany the participant on course. Participants may not be permitted to begin their course without their required medications OR with new medications not approved by your course advisor.
- All medications (prescription, non-prescription, and OTC) must be in their original containers with the prescription label intact. The prescription label is documentation of the dosage directions. If possible, bring a double supply.

**Items Not Allowed On Course:**

- Electronics—cell phones, iPods, etc.
- Deodorant, makeup, shampoo, conditioner, perfume, cologne, etc.
- Illegal drugs, marijuana, alcohol, vaporizers, and tobacco products of any kind.
- Any prescription drugs not cleared by your course advisor.
- Weapons of any kind.

**Weather During Your Course:**

Expect summer daytime temperatures ranging from 40-80 degrees with nighttime temperatures ranging from 15-40 degrees. Despite these recommendations of what is “normal weather,” our course environments are characterized by unpredictable weather. Please check the weather prior to your course for Leadville, CO at [www.weather.com](http://www.weather.com) to have an idea of what to expect, but please bring everything on this list since weather patterns can change quickly.



The Following is a list of **REQUIRED** and optional items for packing Please be sure to have your name **CLEARLY MARKED** on all items.

Top Layers - Required		
#	Item	Description
2+	Sports Bras (If worn)	Regular bras have clips that are uncomfortable under a pack.
2-3	Short Sleeve T- Shirts	Cotton or synthetic shirts are okay.
1	Long Underwear Top	Should be synthetic or wool. Should be "form fitting", but not restrictive.
1	Mid-weight Insulating Jacket or Hoody	Heavier wool, fleece, or cotton jacket.
1	Heavier Insulating Jacket	We recommend a synthetic down fill puffy jacket. Example: <b>REI Co-op 650 Down Jacket</b> or <b>Patagonia Down Sweater Jacket</b>
1	Waterproof Rain Jacket **See additional notes below	Must fit over all your other layers. Examples are the <b>REI Co-op Drizzler Rain Jacket</b> and <b>Columbia Watertight Rain Jacket</b> , and Frogg Toggs Youth Polly Woggs Rain Suit

Bottom Layers - Required		
#	Item	Description
4+	Underwear	
1	Long Underwear	Wool, synthetic, or fleece leggings. Should fit over your underwear, and under your outerwear.
2	Shorts	Athletic shorts work great!
1	Warm Long Pants	Medium weight synthetic fleece pants. (no Jeans) Should fit under your rain pants.
1	Waterproof Breathable Rain Pants	Similar to your rain jacket, these should be completely waterproof. Examples include Columbia Trail Adventure Rain Pants and Frogg Toggs Youth Polly Woggs Rain Suit

Head and Hand Layers		
#	Item	Description
1	Warm Hat	
1	Baseball Cap or Visor	Necessary for sun protection, any ball cap or visor will work.
1	Warm Gloves	

Foot Layers - Required		
#	Item	Description
4+	Medium Weight Hiking or Ski Socks	Wool or Synthetic – base hiking sock; no need for thin liner socks.
1	Athletic Shoes.	Something comfortable and that you can be active in and don't mind roughing up. Athletic running or tennis shoes are fine. If you already own hiking boots you can bring these in addition to your athletic shoes but they are not required.



Personal accessories – Required (if pertinent to you)		
#	Item	Description
1	Insurance Card	If you are covered under any medical insurance, please bring your card. The actual card is preferred, but a copy of the front and the back of the card will be okay.
1	Daypack	Large enough to fit water bottles, warm layers, rain gear, and lunch
1	Sunglasses with keeper strap	Sturdy & dark wrap-around style sunglasses to keep the sun and wind completely out and for high altitude. If you need prescription glasses, make sure you bring prescription sunglasses or sunglasses that fit over your prescription pair.
1	Prescription Eye Wear + Extra Glasses	Contacts – bring more than enough, and bring back up glasses. Glasses - Make sure they work with sunglasses (or are prescription sunglasses). Bring an extra set of glasses in case of loss or damage.
2	32 oz. Water Bottles or water bladder	Wide-mouthed and durable— Nalgene, Sigg, and Klean Kanteen are good brand names. Minimum 32oz capacity. We recommend 32 oz. wide mouth Nalgene. No disposable bottles. A water bladder can be substituted for one of these bottles
1	Headlamp and extra batteries	
2	Prescription Medications	THESE MUST BE DECLARED DURING THE APPLICATION/APPROVAL PROCESS.
6	Large zip-lock plastic bags	Heavy duty to protect cameras, etc. from sand and water
1+	8 oz. waterproof sunscreen	SPF 30 or greater
1+	Lip balm	SPF 30 or greater.
1	Toothbrush and paste	Travel size tooth paste recommended. No electric toothbrushes.
	Menstrual Products (if applicable)	
1	Insect Repellent	Small size, in unbreakable bottle. Products with Picaridan or DEET (10%-35%) are most effective.
1	Optional: Camera, Batteries, Memory Cards	We recommend small, light digital cameras or disposable 35mm cameras. Bring multiple cameras if disposable. If bringing a non- disposable camera, consider taking extra precautions like putting it in a Ziploc bag or hard case to keep out dirt and sand. Do not count on using your phone as your camera.
1	Camp pillow	Optional
1	Hiking Boots	<b>OPTIONAL.</b> If you already own hiking boots it is recommended you bring them, but we do not recommend purchasing a pair just for this course.



## Gear that Outward Bound Provides

Please note - Outward Bound provides all other equipment including but not limited to sleeping bags and pads, and camp gear. There are no additional fees for the use of our equipment. If you have your own equipment and it meets the criteria below, you are welcome to bring it with you. Please be aware that your instructors will assess it for appropriateness and may ask you to use Outward Bound gear in lieu of your own if they do not find your gear adequate for your particular course.

If you **DO** wish to bring some of your own gear, here are our minimum standards for what MAY be acceptable for few common items.

- **Sleeping bags** – need to have a 15-degree warmth rating or warmer. Synthetic filled bags have the advantage of being warm even when wet. Should weigh less than 5 lbs. **Big Agnes** is a recommended brand.
- **Sleeping pads** – can be  $\frac{3}{4}$  to full size in length. They can be made of closed-cell foam or be inflatable. If you bring an inflatable pad you must bring a patch kit as well. Inflatable pads **MUST** have insulation. **Big Agnes** is a recommended brand.