



## Required Clothing List – What to bring on course

### 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 trip.

#### Your COBS Packing List:

- **Colorado Outward Bound School provides other necessary equipment not on this list, including stoves, sleeping pads, sleeping bags, backpacks, cookware, sleeping tarps, ropes, dry bags, and lifejackets.**
- 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. You will keep personal items such as clean clothes (for your return trip home) and valuables (cell phones, electronic devices, and wallets) in your luggage. These items will be stored at our base camp facility in a locked storage area while you are on course. Leave expensive items at home.
- Once on the course, your instructors will help you select from your luggage the best combination of items for you. They will assess your personal gear, the group gear you will be required to carry, and then balance it against your pack weight, physical size, and temperature for the time of year.
- 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. We suggest **leaving 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.
- **Soft Shell:** These are materials that are water and wind resistant, but not always waterproof. They are more breathable than hard shell materials.



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- **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 fabrics, but generally less expensive. 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 on the application, must be approved by your course advisor prior to course, and must accompany the participant on course. Participants will 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.

## What to Wear While Travelling:

We recommend you wear course clothing and shoes while travelling and bring all essentials (prescription meds, insurance card copy, cash) in a carry-on. This will minimize the inconvenience in the unlikely event your luggage is delayed in transport. Being dressed for course will also further the efficiency on your first day, especially since bathrooms and private changing areas may not be easily available.

## Items Not Allowed On Course:

- Electronics—cell phones, iPods, etc. These may be brought on the plane or bus but will need to be stored at the base before going into the field.
- Deodorant, makeup, shampoo, conditioner, perfume, cologne, etc.
- Illegal drugs, marijuana, alcohol, and tobacco products of any kind.
- Any prescription drugs not cleared by your course advisor.
- Weapons of any kind.

## Weather During Your Course:

Expect hot summer temperatures (80 –100+ degrees), with significantly cooler nights: (55-75 degrees at night). Afternoon thunderstorms are common in the river and canyon areas during July and August. However, our course environments are characterized by unpredictable weather—it can get cold at any time of the year. Please search Green River, UT on [www.weather.com](http://www.weather.com) for the weather prior to your course to have an idea of what to expect, but **please bring everything on this list** since weather patterns can drastically change over the course of 10 days. Once you arrive at course start, your instructors will update you on the current weather patterns and what is appropriate for the current weather patterns.



**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 or for alternative brands. This list is to prepare you for extremes in temperature that often occur, but your instructors will let you know exactly what to bring from this list with the current forecasted weather. Remember to keep tags on your items in case you don't use it on course and you can then return those items.

## Clothing & Footwear:

Tops			
#	Item	Description	Price Range
2	Synthetic Short Sleeve T-Shirts	This T-shirt is made out of quick-drying synthetic (not cotton) fabric that moves moisture away from your skin and allows maximum airflow.	\$10-\$30
1+	Long Sleeve Sun Shirts	Loose, lightweight, light-colored for sun protection. Instructors prefer old oxford or button down dress shirts from thrift stores or thinner Western Style Pearl Snap shirts	\$2-\$40

Bottoms			
#	Item	Description	Price Range
1+ pairs	Quick Dry Shorts	Lightweight nylon fabric wicks moisture and dries quickly. Board shorts work great. Pockets are always nice.	\$15-\$50
1 pair	Quick Dry Pants	Lightweight nylon fabric dries quickly and resists pilling, and is easy to pack away in a backpack or dry bag. Should be loose fitting as to aid in movement. Keep in mind, our course areas can be abrasive to clothing: make sure you bring pants that are tough, or that you won't mind getting ripped up during your course.	\$30-\$60

Inner Layers: fits next to the skin			
#	Item	Description	Price Range
3+	Underwear-cotton or synthetic	Bring at least two pairs of synthetic underwear for on the river. Otherwise cotton is okay for underwear.	bring from home
2	Sports Bras	Should have the proper support for athletic activity.	\$20+

Outer Layers: must fit over all the layers			
#	Item	Description	Price Range
1	Fleece Jacket	A mid to heavy weight fleece jacket with a full length zipper. It has good breathability, making it a good choice when insulation is needed during vigorous, highly aerobic activity. Dries quickly when wet.	\$40+
1	Raincoat & rain pants	<b>All rainwear must be 100% water proof, not water resistant!</b> Rain jackets should also include a hood. Breathable fabrics are highly recommended. Breathable options include: Any Gore-Tex jacket or fabrics like the Marmot © PreCip or Phoenix Rainwear, or REI Ultra Light are suitable examples.	\$120 + for pair



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Head & Hands			
#	Item	Description	Price Range
1	Sun hat	Should have a good brim to at a minimum cover your face like a baseball cap or can have a brim all the way around for added protection. Should be made out of softer material so it can be folded easily if needed.	\$8-\$30
1	Lightweight Gloves or Glove Liners	A lightweight glove that is the first layer for hands and worn snugly against the skin. Rubber coated gloves work well and can be found inexpensively in hardware stores. Examples here: <a href="http://www.rei.com/c/mens-glove-liners?ir=category%3Amens-glove-liners&amp;r=c&amp;page=1">http://www.rei.com/c/mens-glove-liners?ir=category%3Amens-glove-liners&amp;r=c&amp;page=1</a>	\$3-10


Feet			
#	Item	Description	Price Range
2 pair	Medium-weight Hiking Socks	These socks will keep your feet warm when wet, or provide sufficient comfort for day hikes away from the river. No cotton, but wool or synthetic blends work great.	\$6-\$18/pair
1 pair	River Shoes	River sandals such as 'Teva' or 'Chaco' sandals are ideal. Vibram '5 finger' shoes are also a good option Any boating shoe must have an ankle or heel strap. These shoes will be wet daily. Old sneakers will also work great. <b>Flip-flops, Clogs, Crocs, and Aquasocks are NOT acceptable.</b>	\$60+
1 pair	Running Shoes	Virtually every course requires two pairs of shoes; one to hike or boat in, and one dry pair to wear around camp. Camp shoes should be lightweight sturdy running shoes. An old pair of running shoes is just fine.	\$0-100

## Other Items

Personal items			
#	Item	Description	Price Range
1	Watch with Alarm	Inexpensive, durable, and waterproof. You will be responsible for waking up on time!	\$10+
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.	Bring from home
2 pair	Sunglasses with keeper strap and hard case	100% UV protection. Dark and sturdy, need to bring a keeper strap with them. Essential to protecting your eyes in a highly reflective environment! <b>TWO PAIRS</b> in case you lose or break one pair.	
2	Water bottles	Wide-mouthed and durable—Nalgene, Sigg, and Klean Kanteen make quality water bottles— <b>NO DISPOSABLE BOTTLES. Each should hold 32 oz. for a minimum total capacity of 64 oz.</b> Good hydration is very important in the dry climate. <b>NO</b> Camelbak/backpack hydration devices because these are difficult and dangerous to rig on the rafts for rapids. Screw top lids are better than 'sippy-top' lids since the bottles will frequently come into contact with river water.	\$10-\$30




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1	Sunscreen	Waterproof and SPF 30+ (approx 12 oz) multiple 3-4oz tubes work well	\$5+
1+	Lip Balm	With SPF to protect from the sun.	\$2+
1	Moisturizing Lotion	3-4oz. bottle. The desert is awfully dry. Vaseline also works very well.	\$5+
1	Insect Repellent	Small to medium sized, in an unbreakable bottle—no spray cans. Products with Picaridan or DEET are most effective.	
1	Bandana	This all-purpose piece of cotton absorbs sweat, cleans off trail-grime and offers a multitude of other camp and trail uses.	\$1-\$5
1	Toiletries Kit	Toothbrush, small toothpaste, comb or brush (deodorant, shampoo, and makeup are unnecessary).	
	Feminine Supplies	Please bring an ample supply as changes in diet, altitude, & fitness level can unexpectedly bring on your period. We are a Leave No Trace organization so tampons such as OB that do not have plastic applicators are recommended as it reduces the amount of trash being carried out. A Diva Cup is also a great reusable option. You are welcome to bring pads if that is the system you are most comfortable using. If you have any questions please contact your course advisor or instructor.	
1	Small headlamp and extra set of batteries.	 <p>This is a hands free flashlight. It is either a LED or halogen headlamp that uses a minimum of three volts (two or more AA- or AAA-batteries). Bring one extra set of batteries. Headlamps with a red setting are preferable because they preserve night-vision, save battery power, and do not attract flies.</p>	\$15-\$40
2 sets	Prescription Medications <b>including Asthma Inhalers</b>	<b>THESE MUST BE DECLARED DURING THE APPROVAL PROCESS. Please bring these to course start even if you think they are unnecessary.</b> Please bring in their original containers and a Ziploc bag for storage.	
2 sets	Glasses or contacts, if needed	Contacts are ok w/ glasses as your backup (contacts can occasionally be difficult to put in due to the sandy environment). Bring extra glasses and a hard case if applicable.	
1	Writing Utensil	Regular pens work great to record memories/thoughts.	

Travel to and from			
#	Item	Description	Price Range
-	Travel money or snacks	The first day is often long. Have cash to buy snacks along the way or bring food with you. There may be unexpected travel expenses such as luggage fees.	\$50
1 set	Clean clothes for the trip home	Please bring a clean set of clothes to travel home in.	Bring from home



**Optional Items:** these are NOT required and you will be fine without them. Please only buy them if you plan to use the items again after your course or you think they will be of great assistance to you while on course (you may be asked to leave these behind depending on weather and availability in pack or dry bag).

Optional Items			
#	Item	Description	Price Range
1	Travel Insurance	COBS strongly recommends purchasing travel insurance to protect you in the event of an emergency cancellation or early medical departure. There are many companies that offer it, but we've seen success with Travelex Insurance ( <a href="http://www.travelexinsurance.com">www.travelexinsurance.com</a> ).	Varies on plan
1	Water Filter	COBS disinfects all wilderness water with iodine, bleach, or by boiling. Not all of these methods are effective against cryptosporidium. Immunocompromised people may wish to obtain an appropriate water filter for their course.	\$40-100
1	Crazy Creek Chair	Crazy Creek is a popular brand. No chairs with legs can be brought! Must be lightweight and packable/rollable. 	\$20+
1	Camera	Disposables are great & don't get filled with sand. Bring multiple cameras if disposable. Regular cameras are fine, but you will have to take some extra precautions like putting it in a Ziploc bag to keep out dirt and sand. Olympus, Canon, and Fuji all make waterproof digital cameras.	
1	Stationary/Pens/Stamps	Writing home to friends or family, journaling	\$2-\$10
1	Straw Sunhat	Great while on the river	\$10
1	Sarong	A sarong is a large length of fabric that is often used for sun protection while rafting. It has many other uses as well. If you are unable to find a sarong an unfitted twin cotton sheet will also work.	\$5-\$20

Outward Bound provides all other equipment including sleeping bags, sleeping pads, day packs, dry bags, shelters, and backpacks. There are no additional fees for the use of this equipment, but if you lose or damage something you will be asked to reimburse us for it. If you have your own equipment and it meets the below criteria, 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.





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**If you DO wish to bring some of your own gear:**

**Here are our minimum standards for what MAY be acceptable for a few common items.**

- Sleeping bags – need to be made from synthetic materials (down fill is not appropriate for our purposes) and have a 20-degree warmth rating.
- Sleeping pads – can be  $\frac{3}{4}$  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. Remember, inflatable pads usually weigh considerably more than closed-cell foam pads.

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 in a secure location during your course.