



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 bag or suitcase while you are on course. These items are kept at our base camp facility in a locked storage area while you are on course. Please leave unnecessary 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. 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.
- **Soft Shell:** These are materials that are water and wind resistant, but not always waterproof. They are more breathable than hard shell materials.
- **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.

What to Wear While Travelling:

We recommend you wear course clothing and boots 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 front country bathrooms and private changing areas are rarely 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, vaporizers, and tobacco products of any kind.
- Any prescription drugs not cleared by your course advisor.
- Weapons of any kind.

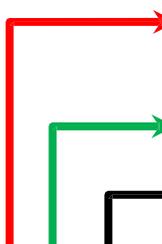
Weather During Your Course:

Expect temperatures ranging from 40-80 degrees (Colorado) / 55-80 degrees (Alaska) with nighttime temperatures ranging from 15-40 degrees (Colorado) / 40-60 degrees (Alaska). 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, Colorado and Chugach, Alaska at www.weather.com to have an idea of what to expect, but please bring everything on this list since weather patterns can change quickly.



Required Items - PLEASE BRING ALL ITEMS IN THIS SECTION:

Some items on the list are suggested for certain sections of the course and will not be used as much during other sections, while other items will be used during each section of the course

-  An exclamation point, “!” in the left column indicates a high priority item, worth investing more money in, even if that means spending less money on other items. See “Cost Saving” notes on page 1.
-  A “2nd” in this column means it is a likely item to find at a second-hand store.
-  # = How many of an item to bring. A “+” indicates you can bring more if you’d like.

Top Layers - Required				
!	2nd	#	Item	Description
		2	Sports Bras	Regular bras have clips that are uncomfortable under a pack.
	2nd	1	Long Sleeve Sun Shirt	Loose, lightweight, light-colored for sun protection. Cotton is okay.
	2nd	2	Cotton T-Shirts	For front country wear, and rock climbing section.
	2nd	1	Wicking Short Sleeve T- Shirts	This T-shirt is made out of wool or synthetic fabric that moves moisture away from your skin and allows maximum airflow.
	2nd	1	Long Underwear Top	Should be synthetic or wool. Should be “form fitting”, but not restrictive.
	2nd	1	Light Insulating Jacket	Fleece or wool mid-layer. A hood on this layer is a luxurious plus. Should fit snugly over long underwear top, but not baggy.
	2nd	1	Mid-weight Insulating Jacket	Heavier fleece or a lightweight synthetic puffy jacket. (Down insulation is not appropriate for this layer due wet conditions). Should fit over long underwear and light-weight jacket.
		1	Heavier Insulating Jacket	Should be synthetic or waterproof down puffy insulation and fit under your rain jacket, and over your lighter layers. Examples: REI Revelcloud Hoodie or REI Down Hoodie
!		1	Waterproof/Breathable Rain Jacket **see additional notes below	Must fit over all your other layers. Examples are the REI Rhyolite Jacket and Patagonia Torrentshell
Bottom Layers - Required				
!	2nd	#	Item	Description
		6+	Underwear	For males, we recommend briefs or boxer briefs. Synthetic recommended, but cotton is okay. For females, we recommend at least one pair of cotton nighttime underwear (for breathability); the rest can be either synthetic or cotton.
		1	Long Underwear	Wool or synthetic leggings. Should fit over your underwear, and under your rain pants.
	2nd	1	Shorts	Synthetic quick drying. If your pant legs zip off into shorts that works.
		1	Hiking Pants	Lightweight, synthetic and quick drying. Soft shell pants are the best option. Light, nylon pants are the next best option.



Bottom Layers – Required – CONTINUED...				
!	2nd	#	Item	Description
		1	Casual pants or jeans	For town days, travel, etc.
	2nd	1	Lightweight Synthetic Belt	Something that will fit smoothly under your backpack belt. Even if your pants fit now, you might be slimmer day by day.
	2nd	1	Warm Long Pants	Medium 200 weight pile/fleece.
!		1	Waterproof Breathable Rain Pants **See additional notes below	Similar to your rain jacket, we recommend your rain pants be waterproof breathable. The Marmot Precip pants have the added bonus of full side zips.

****More info on Rain Pants and Jackets****

After footwear, rainwear is the most critical part of your clothing system. It can make or break your experience. If you have to cut costs elsewhere to invest more in rainwear, we recommend doing that. In general, you get what you pay for in rain gear.

All rainwear should be a **WATERPROOF AND BREATHABLE** fabric, not merely water resistant. It must have a hood. Gore-Tex, a brand name fabric that many manufacturers use, comes in differing layer amounts, from 1 to 3-layer. 3-layer is the waterproof version, and the most expensive. For this course, 2.5 layers or 3 layers are recommended. Many companies make their own version of this waterproof, breathable fabric that is of high quality. For example, REI uses eVent; Patagonia uses H2no; and The North Face has Hy Vent. Please call your course advisors if you have any questions regarding proper rainwear for your course.

Here are some examples of acceptable rain jackets, and approximate retail prices.

- **Patagonia Torrentshell** - \$129
- **REI Rhyolite Jacket** - \$189
- **Outdoor Research Foray Jacket** - \$215
- **Outdoor Research Clairvoyant Jacket** - \$325
- **Marmot Knife Edge Rain Jacket** - \$225

Here are some examples of acceptable pants, and approximate retail prices.

- **Marmot Precip Pants** - \$100
- **Patagonia Torrentshell Pants** - \$99

For more rainwear info: <http://www.rei.com/learn/expert-advice/rainwear-how-it-works.html>



Head & Hand Layers - Required				
!	2nd	#	Item	Description
	2nd	1	Warm Hat	Wool or fleece. Must fit under a helmet, so no poms/tassels.
		1	Neck gaiter or balaclava	Wool or synthetic. Bufs work well.
	2nd	1	Baseball Cap or Visor	Necessary for sun protection; full-brimmed hats do not work well with backpacks. We recommend a crushable synthetic visor, but any old ball cap will work. Cotton is okay here.
	2nd	1	Light Gloves	Light synthetic gloves. Should fit under your heavier gloves. Example: REI Liner Gloves
!		1	Gloves	Must fit over your light gloves. Should have waterproof, breathable shell, and light synthetic insulation. Removable liner is a plus. Example: Outdoor Research Revolution Glove
!		1	Head net for bugs	Light mesh that fits over a brimmed hat to keep bugs off.

Foot Layers - Required				
!	2nd	#	Item	Description
!		1	Mountaineering Boots	The most critical piece of clothing and gear. Please see corresponding Boot Document for more guidance.
		6+	Medium Weight Hiking or Ski Socks	Wool or Synthetic – base hiking sock; no need for thin liner socks.
		4+	Cotton Socks	For climbing section, town days, and casual wear.
	2nd	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. Could also be approach shoes (see "Optional Items" section).



Travel to and from – Recommended; you won't carry this stuff in the backcountry.				
!	2nd	#	Item	Description
			Emergency contact numbers for travel delays	Carry a copy of the phone numbers to use in case of travel delays (from the travel and itinerary document) and a copy of the photo page of your passport.
			Money: \$50 cash, including about \$20 in small bills, and a credit or debit card	For food, souvenirs or extra gear, and unforeseen expenses (such as Dr. visit co-pay, or prescriptions) on travel days and town days. **You will use COBS group gear for camping and cooking. This is free to use, but if you lose or intentionally break any COBS items, you'll pay for it at course end with cash, check or credit.

Personal accessories – Required (if pertinent to you)				
!	2nd	#	Item	Description
		1	Day Pack	For traveling, rock camp, and day outings. Should hold at least 30 liters, and have a hip belt to support heavy loads. Examples: Osprey Sirrius 36 and Osprey Stratos 36
		1	Large Duffle Bag	1 large duffle bag/suitcase to fly to OB and Ecuador with. Big enough that all your gear will fit in the same piece as you will pay more for extra bags when flying.
		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.
	2nd	2	Bandanas	This all-purpose piece of cotton absorbs sweat, cleans off trail-grime and offers a multitude of other camp and trail uses.
		2	Sunglasses with Keeper Strap	Sturdy & dark wrap-around style sunglasses to keep the sun and wind completely out. Glacier glasses, like the Julbo Dolgans with side shields, are great for Alaska and the Colorado mountains, yet over-kill for rock camp. We recommend also bringing a less expensive pair for day to day use such as models made by SunCloud . If you wear prescription glasses, make sure you bring prescription sunglasses or ones that fit over your regular 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	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.
		1	Headlamp + 1 Extra set Alkaline batteries per week of course (Fewer needed if you're using lithium batteries).	This is a hands-free flashlight. It is either an LED or halogen headlamp that uses a minimum of three volts (two or more AA- or AAA-batteries). Halogen bulbs are bright but consume more battery power. LED lamps are bright and consume very little battery power. Black Diamond, Petzel and Princeton Tech are reputable brands.



	2	Prescription Medications	THESE MUST BE DECLARED DURING THE APPROVAL PROCESS. Bring 2 sets in their original containers and a Ziploc bag for storage on the trail.
2nd	1	Watch	Must have alarm. Water resistant is a plus.
	6	Large zip-lock plastic bags	Heavy duty to protect cameras, etc. from sand and water.
	1	Stationery, and pen	Envelopes, stamps, paper and pen for sending out letters.

Toiletries – Required (if pertinent to you)

!	2nd	#	Item	Description
		15oz	Waterproof sunscreen	SPF 30 or greater, travel size
		16oz.	Moisturizing Lotion	For dry feet and hands during rock camp
		1+	Lip balm	SPF 30 or greater
		1	Toothbrush and a few travel-size toothpastes	
			Menstrual supplies	We highly recommend bringing a Diva Cup with supplementary pads or tampons. Diva Cups reduce the amount of trash you create and have to carry. If you've never used a Diva Cup, it comes with instructions. Check out the website, divacup.com , for more info. We recommend trying it before course. Diva Cups are available online or at CVS stores. COBS is a Leave No Trace organization so all trash must be carried with you. If you're going to use tampons, we recommend a brand that does not have plastic applicators. 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.
			Baby Wipes	For extra cleaning and hygiene.
		1	Insect Repellent	Small size, in unbreakable bottle. Products with Picaridan or DEET (10%-35%) are most effective.
			Extra toiletry items	Whatever you like for traveling. This will likely be slimmed down for carrying in the backcountry to keep packs as light as possible. Soap, shampoo, etc.
		1	Towel	Light and small. You will get a chance to clean up at course end.



Optional Items

These are **NOT** required and you will be fine without them. Please only buy them if you already own them, 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 of space).

Optional Items				
!	2nd	#	Item	Description
		1	Travel Insurance	COBS strongly recommends purchasing travel insurance to protect you in the event of an emergency cancellation or early medical departure. You can find many companies that offer travel insurance. COBS travel agent (<i>Ruby Frederick/303.680.5241</i>) usually suggests TravelX. (www.travelexinsurance.com).
		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.
	2nd	1	Vest	Fleece or other synthetic material – to be worn as an extra layer for core body warmth; some people love them and others do not
		1pr	Gaiters	COBS will provide a basic pair of gaiters. Higher end gaiters are nice to have and are easier to use. Get them so they fit over your Mountaineering Boots.
		1pr	Neoprene Socks	Additional foot warmth for the Alaska mountaineering section. Warmer than wool or synthetic socks. Example: NRS Hydroskin Socks
		1	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 Pelican hard case to keep out dirt and sand. Do not count on using your phone as your camera. Most of our courses do not allow phone use.
		1	Swimsuit	Quick drying. There may be opportunities to swim on course. Quick drying hiking shorts/and extra sports bra would be enough.
		1	Trekking poles	These are of great assistance to those who experience knee problems or want more stability on the trail. Should be adjustable to strap on your pack when needed. We recommend Flip Lock style instead of expansion nut style. Black Diamond and Leki are also reputable trekking pole brands. Please label your poles with your name and phone number so that we can find them if they are accidentally left behind.
	2nd	1	Comfy casual footwear	Flip flops, sandals, etc. Many times, these will not be appropriate for course activities, but are nice to change into when appropriate.
!		1	Sticky Rubber Approach Shoes	These are a great option for rock camp footwear. Approach shoes differ from running shoes as their soles are lower profile and feature sticky rubber for better stability and grip while scrambling around on rock climbing approaches. Searing REI's website gives you many excellent examples of approach shoes.



	1	Water bladder or hydration system	CamelBak, Platypus, and MSR are good brands; there are several others. Please bring a hard 32oz water bottle as a backup in case of breakage in the
	1	Ear Plugs	Recommended if you are a light sleeper.
2nd	1	Simple pocket knife or multi-tool	For kitchen and camp tasks. Lightweight, folding. Locking blade recommended. No fixed blade knives. No blades over 3.5 inches. Remember airport security considerations! Students will be taught basic knife use and safety. Any student using their knife in an unsafe or intimidating way may have their knife confiscated by instructors, and may face other disciplinary action. Knives are typically not allowed on solo experiences.
	1	Umbrella	For extra comfort in rainy Alaska. We recommend a light, backpacking specific umbrella, as others tend to break.
	1	Pair of Crocs-style garden clogs.	Light, foam, with heel strap. These make an excellent camp shoe. However, your athletic shoes are fine for camp shoes.
	1	Thermos or Vacuum bottle	½ liter size, maximum. Can be really nice for mid-day hot drinks.
		Cell phone, chargers	You will have opportunities to use your phone and listen to music – usually during the transitions between sections of the course. You can charge in wall plugs at times, and in vehicles at times.
		Toys, Instruments, Books	You are welcome to bring hacky sacks, Frisbees, musical instruments, and other fun stuff – just know that for some parts of the course you will not have access to these things, and before you go to Alaska, you may need to send large items back home. These items can make basecamps at Rock Camp, and in Colorado more fun!



Gear that Outward Bound Provides

Please note Outward Bound provides all other equipment including but not limited to sleeping bags & pads, backpacks, camp gear. There are no additional fees for the use of our equipment. 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.

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. Down-fill sleeping bags are not appropriate for this course due to the wet conditions found in the backcountry. 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.
- **Expedition Backpacks** – need to have a minimum capacity of 80 liters, should carry 45-60 lbs. comfortably. Side pockets are also a useful option. **Osprey** is a recommended brand.