



## 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, and tobacco products of any kind.
- Any prescription drugs not cleared by your course advisor.
- Weapons of any kind.

## **Weather During Your Course:**

Expect spring daytime temperatures ranging from 35-50 degrees with nighttime temperatures ranging from 15-25 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, Colorado 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. Once you arrive at course start, your instructors will update you on current weather patterns and what clothing will be appropriate.



## Recommended Items

**PLEASE BRING ALL ITEMS IN THIS SECTION. HOWEVER, IF YOU ARE UNABLE TO ACQUIRE THESE FOR ANY REASON, COBS CAN LEND YOU THIS GEAR AND CLOTHING AT NO CHARGE.**

- 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.
- A “2nd” in this column means it is a likely item to find at a second hand or consignment store.
- # = How many of an item to bring. A “+” indicates you can bring more if you’d like.

Top Layers – Recommended Items				
!	2nd	#	Item	Description
	2nd	1	Wicking Short Sleeve T- Shirts	This T-shirt is made out of quick-drying fabric that moves moisture away from your skin and allows maximum airflow. Example: <b>REI Sahara T-Shirt</b>
		1	Sports Bra	Should have the proper support for athletic activity.
	2nd	1	Wicking Long Underwear Top	This should be a light, long sleeve, synthetic or wool top. As it is your next-to-skin layer, it should be form fitting, but not restrictive. Example: <b>The North Face Light Crew Neck Underwear Top.</b>
	2nd	1	Fleece Pullover	This shirt is a lightweight insulating shirt. Usually comes with a 1/2 to 3/4's zipper. A hood is a great choice on this layer. It should fit over your Wicking long underwear top. Example: <b>REI Venturi Hoodie</b>
	2nd	1	Mid-Weight Jacket	Can be heavier fleece; or a puffy down or synthetic jacket. This should fit over your Fleece Pullover and Wicking Long Sleeve.

Bottom Layers – Recommended Items				
!	2nd	#	Item	Description
		1 Set	Long Underwear Bottoms	Light weight synthetic or wool tights. Should be form fitting, but not restrictive. Example:
		3+ Pair	Underwear	For male students, we recommend synthetic boxer briefs. For female students, we recommend 1-2 pairs of cotton underwear to wear at night for breathability, and an optional 1-2 pairs of synthetic underwear for day use.
	2nd	1	Insulated Pants	These pants can be down, fleece, or synthetic insulation. Full side zips on these pants are useful in the backcountry. Examples: <b>Mountain Hardware Compressor Pants</b> , or <b>REI Polartec 100 Pants</b>



Head & Hands - Recommended Items				
!	2nd	#	Item	Description
	2nd	1	Warm Beanie	A warm synthetic or wool hat that will be used when things get chilly. Will need to fit under a climbing helmet, so no poms.
		1	Neck Gaiter	A warming garment worn on the neck, which can be pulled up over the mouth to keep out wind and snow. For example, a <b>Buff</b> .
	2nd	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. We recommend a light, synthetic visor or crushable synthetic cap (it will get smashed in your pack).
	2nd	1 Pair	Glove Liners	To be worn inside your shell gloves or mittens, these should be made out of a thin, synthetic material such as polypropylene, microfleece, or thin wool. Not needed if both other pairs of gloves include their own liners. Example: <b>REI Liner Glove</b> .
!		1 Pair	Medium Weight Insulated Glove	It should have a water resistant shell, and synthetic insulation such as thick fleece or synthetic puff. Should either fit over your glove liners or have its own liner. Example: <b>Outdoor Research Arete Glove</b> .
!		1 Pair	Heavy Insulated, Weatherproof Mitten	This glove or mitten should have a waterproof/breathable shell and down or synthetic insulation, and should fit over your glove liners, or have liners of its own. Example: <b>Outdoor Research Meteor Mitt</b>

Feet – Recommended Items		
#	Item	Description
3+ Pairs	Midweight Hiking or Ski Socks	Need to be at least crew-height.

\*Boots will be provided for you by Colorado Outward Bound School.





Personal Accessories - Required Items (as applicable to you)				
!	2nd	#	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.
		2	Bandanas	This all-purpose piece of cotton absorbs sweat, cleans off trail-grime and offers a multitude of other camp and trail uses.
		1	Sunglasses	Dark and sturdy, need to bring a keeper strap with them. Essential to protecting your eyes in a highly reflective environment! Example: <b>Julbo Dolgans</b> . We recommended a hard case, too.
		2	Water Bottles	Wide-mouthed, plastic and durable. Minimum 32oz capacity.—NO DISPOSABLE BOTTLES, NO METAL BOTTLES, NO HYDRATION BLADDERS. We highly recommend a <b>Nalgene 32 oz. wide mouth</b> .
	2nd	1	Watch	Inexpensive, durable, & waterproof. Must have alarm.
		1	Headlamp	This is a small 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). Halogen bulbs are bright but consume more battery power. LED lamps are bright and consume very little battery power. Bring one set of alkaline batteries per week of course, fewer are ok if they are Lithium.
		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.
		1	Sunscreen	Waterproof, SPF 30 or greater
		2	Lip Balm	30+ SPF or greater
		1	Toiletries Kit	Toothbrush, small toothpaste, small biodegradable soap, comb or brush, several wash & dry or baby wipes (deodorant and makeup are unnecessary).
			Feminine supplies	Even if you don't expect to get your period on course, we recommend bringing some supplies. Exertion and a new schedule can change a woman's cycle. We pack out all trash, 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 also is 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.
		2 Sets	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.





Travel to and from		
#	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)
-	Travel money or snacks	The first day is often long. Have cash to buy snacks along the way or bring food with you, \$50 is suggested.
1 set	Clean clothes for the trip home	Please bring a towel and travel size toiletries for a shower and a set of clothes to travel home in.

*Your clean travel clothes, luggage, cell phone and any other items not needed during your course will be stored in a secure place at our basecamp and will be returned to you at the end of course.*

Dorm Time		
Your course will start and end in our dorms, with shower access. <b>You will not carry these things in the backcountry</b>		
#	Item	Description
1	Towel	
1	Extra toiletries	Shampoo, conditioner, soap lotion, shaving products, etc. you will not carry this in the field but your course will have showers available when at the basecamp.
1	Ear Plugs	Recommended if you are a light sleeper
1 set	Dorm Clothes	Comfy clothes for hanging in the dorms: sweat pants, t-shirt, slippers, etc. It's okay for this stuff to be cotton.



## 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.

!	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. ( <a href="http://www.travelexinsurance.com">www.travelexinsurance.com</a> ).
		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.
!		1	Hard Shell Jacket	Waterproof, breathable hard shell jacket with hood. Should be made of 2.5 or 3-layer Gore-Tex <sup>®</sup> or similar material (lots of companies have their own proprietary fabrics). Should have no insulation, for layering. Must fit over all other top layers. Great to bring if you have it. Example: <b>Outdoor Research Clairvoyant Jacket</b>
!		1	Hard Shell Pants	Waterproof, breathable hard shell pants with internal snow gaiters. Should be made of 2.5 or 3-layer Gore-Tex <sup>®</sup> or similar material (lots of companies have their own proprietary fabrics). Should have no insulation, for layering. Great to bring if you have it. Example: <b>Patagonia Snow Shot Pants</b>
!		1	Down or synthetic parka	Packable puffy jacket. Should have a hood, and should fit over all your other layers. Synthetic Example: Patagonia DAS Parka; Down Example: <b>Marmot Guides Down Hoodie</b> .
		1	Notebook or journal & pen	Packable size.
		1	Camera, memory cards & batteries	Weather resistant or disposable; bring multiple cameras if disposable.
		1	Pocket Knife/Multi-tool	Simple with can opener (no sheath knives). Please pack in your checked luggage as airlines do not allow these in your carry-on.
		1	Thermos	Half liter, maximum. For hot drinks. Should be light, insulated and streamlined. Example: <b>REI Classic Vacuum Bottle</b>



## Gear that Outward Bound Provides

Please note - Outward Bound provides all other equipment including but not limited to sleeping bags and pads, backpacks, 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. 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.
- **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.