



- **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 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 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

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	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 wool or fleece jacket. Should fit over your light jacket. We recommend a synthetic or water-resistant down fill puffy jacket with hood.
!		1	Waterproof/Breathable Rain Jacket <i>**See additional notes below</i>	Must fit over all your other layers. Must fit over all your other layers. Examples are the REI Rhyolite Jacket and Patagonia Torrentshell

Bottom Layers - Required				
!	2nd	#	Item	Description
		4+	Underwear	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 outerwear.
	2nd	1	Shorts	Synthetic. If your pant legs zip off to become shorts that works.
	2nd	1	Hiking Pants	Lightweight, synthetic and quick drying. Soft shell pants are the best option for this environment. Light, nylon pants are the next best option.
	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 weight synthetic fleece pants. Should fit under your rain pants.
!		1	Waterproof Breathable Rain Pants <i>**See additional notes below</i>	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.
!		1	Gloves	Should have waterproof, breathable shell, and light synthetic insulation. Removable liner is a plus. A wide variety exists out there, but the Black Diamond Midweight Waterproof glove is an excellent example.

Foot Layers - Required				
!	2nd	#	Item	Description
!		1	Boots	The most critical piece of clothing and gear. Please see corresponding Boot Document for more guidance.
		4+	Medium Weight Hiking or Ski Socks	Wool or Synthetic – base hiking sock; no need for thin liner socks.
	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.



Personal accessories – Required (if pertinent 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.
	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.
		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	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. An example is the Petzl Tikkina Headlamp
		2	Prescription Medications	THESE MUST BE DECLARED DURING THE APPROVAL PROCESS. Bring 2 sets in their original containers and a Ziploc bag for storage while 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



Toiletries – Required (if pertinent to you)				
!	2nd	#	Item	Description
		1+	8 oz. waterproof sunscreen	SPF 30 or greater, travel size. Bring one 8-ounce bottle per week of course.
		1+	Lip balm	SPF 30 or greater.
		1	Toothbrush and travel-size toothpaste	
			Menstrual Products	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 out. 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.
		1	Insect Repellent	Small size, in unbreakable bottle. Products with Picaridan or DEET (10%-35%) are most effective.

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: \$20 in small bills, and a credit or debit card	The first day is often long. Have cash to buy snacks along the way or bring food with you. You may also have the chance to purchase COBS souvenirs and don't forget about any checked baggage fees for your flight home. **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.
		2-3 sets	Casual Clothes	Used for travel, base camp time, and the trip home.
			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, towel, etc.
!		1	Towel	Light and small. You will get a chance to clean up at course end.

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.



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 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.
		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 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	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 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	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	Water bladder or hydration system	CamelBak or Platypus are good brands; there are several others. Please bring a hard 32oz water bottle as a backup in case of breakage in the field.
		1	Ear Plugs	Recommended if you are a light sleeper.
		1	Moisturizing lotion	For dry skin. 3 oz. max.
		1	Pair of aftermarket boot insoles.	We highly recommend these if you use them in your everyday shoes. Or, even if you don't, they may help you in a new boot. Insoles can help prevent blisters and other injuries and reduce foot fatigue. Superfeet and Sole brands are high quality.
		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.



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.