



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 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 bathrooms and private changing areas may not be 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 and fall daytime temperatures ranging from 55-80 degrees with nighttime temperatures ranging from 30-45 degrees. Despite these recommendations of what is "normal weather," our course environments are characterized by unpredictable weather—snow and freezing weather as well as 95-degree heat are all within the realm of possible weather during the spring, although rare. Feel free to check the weather prior to your course for Hanksville, UT on 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.



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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
1+	Synthetic 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.	\$12-\$30
1	Long Sleeve Sun Shirt	Loose, lightweight, light-colored for sun protection. Instructors prefer sun hoodies or lighter weight western style pearl snap shirts from thrift stores. Cotton or Nylon.	\$2-\$40
1	Long Sleeve Mid-Layer	Medium weight wool or 100 weight fleece (example: Patagonia R1) Hooded versions can be nice, but not necessary.	\$30+

Bottoms			
#	Item	Description	Price Range
1 pair	Quick Dry Shorts	Lightweight nylon fabric wicks moisture and dries quickly. Board shorts or running shorts tend to work well. Pockets are always nice.	\$20-\$50
1 pair	Light/Medium weight Softshell pant or Quick Dry Pants	Synthetic fabrics dry quickly and are easy to pack away in a backpack. Fit should allow for large range of motion. Sturdy materials stand up much better in the canyons. Example of light/medium weight softshell pant (i.e. REI Mistral Pants).	\$30-\$75

Inner Layers: fits next to the skin			
#	Item	Description	Price Range
1	Lightweight long underwear set	You will need a top and a bottom. This is your base layer meaning this goes next to your skin and you will wear more layers on top. This is a good online resource: http://www.rei.com/expertadvice/articles/underwear.html	\$60+ for a top and a bottom
1	Expedition-weight/Heavyweight Long Underwear Set	These courses regularly encounter wet conditions during canyon travel, and an extra set of long underwear can help with temperature regulation when hiking with wet clothes.	\$60+ for a top and a bottom
2+	Underwear-cotton or synthetic	Bring at least one pair of synthetic, 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 Pullover/Jacket	A mid to heavy weight fleece jacket (200 weight) with a half or full length zipper. It has good breathability, making it a good choice when insulation is needed during vigorous, highly aerobic	\$40+



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		activity. Dries quickly when wet.	
1	Synthetic Insulated Jacket (Puffy)	Synthetic puffies are water-resistant and will dry more quickly than down and even retains the ability to warm you while damp. When choosing a synthetic “Puffy”, a jacket between 14oz.- 19oz. is a great choice for this time of year (packable, yet warm). 	\$70-\$200
1	Raincoat & rain pants	All rainwear must be 100% water proof, not water resistant! Rain jackets should also include a hood. Breathable fabrics highly recommended. Breathable Options include: Any Gore-Tex jacket or breathable coated fabrics like the Marmot © PreCip or Phoenix Rainwear, REI Ultra Light or Kulshan Rainwear are suitable examples.	\$120+ for pair
1	Fleece Pants	These are pants that are made out of polyester Fleece. They should be loose enough to fit over a pair of long underwear or shorts.	\$30-\$60

Head & Hands			
#	Item	Description	Price Range
1	Warm hat	A warm hat that will be used for when things get chilly. Can have ear flaps. No cotton.	\$8-20
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.	\$5-25
1 pair	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: http://www.rei.com/c/mens-glove-liners?ir=category%3Amens-glove-liners&r=c&page=1	\$5-\$20

Feet			
#	Item	Description	Price Range
3 pair	Medium-weight Hiking Socks	Crew-height typically has more padding for increased comfort on long backpacking trips, but use the length which works best for you. No cotton.	\$8 - \$20/pair
1 pair	Approach Shoes	Virtually every course requires two pairs of shoes; one to hike in, and one to wear around camp. Approach Shoes such as the La Sportiva TX3, 5.10 ‘Guide Tennie’, or Scarpa ‘Crux’ offer sticky rubber on their soles which is very helpful on slickrock and in the canyons. These shoes are excellent for canyon hikes. If you have ankle issues , many companies make a high top version of their approach shoe.	\$0-120
1 Pair	Camp Shoes	Camp Shoes could be lightweight running shoes, sandals with coverage (Crocs, Keens, etc.), or an old pair of running shoes will also work. Many courses have a Challenge Event at course end that may involve running so sturdy runners or approach	



shoes are preferred.

Other Items

Personal items			
#	Item	Description	Price Range
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 pairs	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! TWO PAIRS in case you lose, scratch, or break one pair.	\$8-40/ pair
2	Water bottles	Wide-mouthed and durable—Nalgene, Sigg, and Klean Kanteen all make durable bottles—NO DISPOSABLE BOTTLES. Each should hold 32 oz. for a minimum total capacity of 64 oz. Good hydration is very important in the dry climate.	\$10-\$30
1	Sunscreen	Waterproof and SPF 30+ (approx 3-4 oz bottle/tube)	\$5+
1	Lip Balm	With SPF to protect from the sun.	\$2+
1	Moisturizing Lotion	Small bottle. The desert is awfully dry.	\$5+
1+	Bandanas	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 (a travel size toothpaste lasts about 2 weeks), comb or brush, several wash & dry or baby wipes (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.	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 since they preserve night vision, battery power, and do not attract flies. 	\$15-\$40
2 sets	Prescription Medications including Asthma Inhalers	THESE MUST BE DECLARED DURING THE APPROVAL PROCESS. Please bring these to course start even if you think they are unnecessary. 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 backup. Bring extra glasses and a hard case if applicable.	



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 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 space in your backpack.)

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 (www.travelexinsurance.com).	Varies on plan
1	Baby Wipes	Unscented. Keep in mind that you will have to pack out any used baby wipes.	1
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. Digital cameras are fine, but you will have to take some extra precautions like putting it in a waterproof bag to keep out dirt and sand.	
1	Writing Utensil and Journal	It's great to record your memories and experiences to be able to read when you return home.	\$2-\$10
1	Watch with Alarm	Inexpensive, durable, and waterproof	\$20+
1	Trekking Poles	These are of great assistance to those who experience knee problems or want more stability on the trail. Adjustable length trekking poles provide the best versatility and comfort.	\$50+
1	Platypus or Camelbak (Hydration bladder)	This can make hydrating while hiking in the canyons possible so you don't have to stop to reach your water bottle. 4 liter capacity is ideal. It helps to buy just the bladder, not the backpack since you will already have a backpack.	\$30+



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.

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 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.
- Backpacks – need to have a minimum capacity of 6,000 cubic inches, should carry 45-60 lbs. comfortably and be an internal frame design. Side pockets are also a useful option.

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.