



## Required Clothing List – What to bring on course

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### 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.

### About this List

This list is very broad. It is designed be a complete stock of all possible ideal combinations of clothing; enough stuff to pack “heavy” and keep you warm if temperatures are on the cold side of normal but varied enough to pack “light” and carry fewer items if it is hot. 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 to ensure you have everything you need before heading down the river.

Because this list has to 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 that, in the event it was not used on the trip, you wouldn't want to keep, but please note that you should be aware of 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 the Director of Client Services, Sue Nikolai at [snikolai@coobs.org](mailto:snikolai@coobs.org) or 970-328-0632. Please note that companies such as Patagonia, Mountain Hardware, NRS, REI and many others make high quality outdoor apparel. However, you don't need to buy all expensive name brand clothing. You can shop at thrift stores, Army Surplus Stores, second-hand outdoor stores like the Wilderness Exchange or Play It Again Sports or overstock merchants like Sierra Trading Post ([www.sierratradingpost.com](http://www.sierratradingpost.com)) or Campmor ([www.campmor.com](http://www.campmor.com)) and get nearly everything you need.



# COLORADO OUTWARD BOUND SCHOOL

**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 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 old oxford or button down men's dress shirts from thrift stores.	\$2-\$40

Bottoms			
#	Item	Description	Price Range
1+ pair	Quick Dry Shorts	Lightweight nylon fabric wicks moisture and dries quickly. Board shorts or running shorts work well. Pockets are always nice.	\$20-\$50
1 pair	Quick Dry Pants	Synthetic fabric dries quickly and is easy to pack away in a backpack or dry bag. Should be loose fitting as to aid in movement. Sturdy material works best in the canyons.	\$30-\$60
1	Fleece Pants	These pants are made out of Polyester Fleece. They should be loose enough to fit over a pair of long underwear or shorts. These are not required for summer courses.	\$30-\$70

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: <a href="http://www.rei.com/expertadvice/articles/underwear.html">http://www.rei.com/expertadvice/articles/underwear.html</a>	\$60+ for a top and a bottom
3+	Underwear-cotton or synthetic	Bring at least one pair of synthetic for the river. Otherwise cotton is okay for underwear especially if you are prone to urinary tract infections (women mostly).	bring from home
2+	Sports Bras	Should have the proper support for athletic activity. Can be worn as a swim top with quick drying shorts if a swimsuit is required. You do not need to bring a swimsuit if you plan on using this combination.	\$20+
1	Expedition-weight/Heavyweight Long Underwear Top	This top is your second or third layer depending on what is required. Needs to be a bit bigger to fit the previous layers underneath.	\$30+



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 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

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-\$25
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 of softer material so it can fold up easily if needed.	\$5-\$25
1 pair	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.	\$5-\$20

Feet			
#	Item	Description	Price Range
2+ pair	Liner Socks	Lightweight, flat-knit provides a close fit for a protective second skin that prevents blisters. Should be worn under heavier socks to prevent blisters. Need to be at least crew-height	\$5-\$9
2 pair	Medium-weight Hiking Socks	These socks are worn on top of the liner socks. At least need to be crew-height. They have more padding for increased comfort on hiking in the river canyon. No cotton. Wool works great.	\$8 - \$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, especially for summer rafting. <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 or on longer day hikes. Camp shoes should be lightweight sturdy running shoes. An old pair of running shoes is just fine.	\$0-100



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1 pair	Neoprene Socks or Booties	These socks/booties will help keep your feet warm even when they are in cold water. 2-3 mm thickness will work well for this time of year. Neoprene socks are meant to be worn underneath your wet shoes.		\$12-30
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## 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! <b>TWO PAIRS</b> in case you lose or break one.	
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. Screw top lids are better than ‘sippy-top’ lids since the bottles will frequently come into contact with river water.	\$10-\$30
1	Sunscreen	Waterproof and SPF 30+ (approx 20 oz bottle)	\$5+
1+	Lip Balm	With SPF to protect from the sun.	\$2+
1	Moisturizing Lotion	12 oz. bottle. The desert is awfully dry.	\$5+
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-\$5
1	Toiletries Kit	Toothbrush, small toothpaste, small biodegradable soap, comb or brush, several wash & dry or baby wipes (deodorant, shampoo, and makeup are unnecessary).	
1	Small headlamp and 3 extra sets 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 two extra sets of batteries. Headlamps with a “red” setting are preferable since they preserve battery power and your night vision, as well as do not attract flies.	 \$15-\$40
2 sets	Prescription Medications	<b>THESE MUST BE DECLARED DURING THE APPROVAL PROCESS.</b> Please bring these to course start even if you think they are unnecessary.	
2 sets	Glasses or contacts, if needed	Contacts are ok w/ glasses as backup. Bring extra glasses and a hard case if applicable.	
1	Watch with Alarm	Inexpensive, durable, and waterproof	\$10+



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 available space in your dry bag).

Optional Items			
#	Item	Description	Price Range
1	Crazy Creek Chair	Crazy Creek is a popular brand. No chairs with legs can be brought! Must be lightweight and packable/rollable. These make sitting during meals, discussions, and lessons more comfortable. 	\$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. Olympus, Canon, and Fuji all make digital waterproof cameras.	
1	Straw Sunhat	Great for the river	\$10
	Stationery, Stamps, Journal, 2 Pens	Bring pre-addressed/stamped envelopes to write letters home and pens to write letters or record your thoughts.	
1	Pocket Knife	Lightweight and simple with can opener (no sheath knives). Please pack in your luggage as these are not allowed in your carry-on's.	\$25-\$30
1	Camelbak (Hydration bladder)	This can make hydrating while hiking in the canyons easier so you don't have to stop to reach your water bottle. These can only be used on land since they are difficult and hazardous to rig on the rafts for rapids.	\$30+
1 pair	Neoprene Gloves	If your hands get cold easily, these will help keep hands warmer even when they're wet and to help with blisters from paddling. 	\$15-30

Outward Bound provides all other equipment including sleeping bags, sleeping pads, daypacks, dry bags, and camping and cooking gear. There are no additional fees for the use of this equipment.



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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 0-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.