



OUTWARD BOUND CALIFORNIA

3-5 DAY WILDERNESS PACKING LIST

ITEMS YOU NEED TO BRING:

You must bring these personal items.

- 1 pair comfortable closed-toed shoes for camp
- 1 pair athletic pants (nylon, warm up or fleece – NO COTTON)
- 1 pair of quick drying shorts (NO jean shorts, sweat shorts, or short shorts)
- 1-2 T-shirts (these can be cotton. Please, no inappropriate images or wording)
- 1 long sleeve sun-shirt - synthetics preferred
- 2 pairs of underwear
- 1 ball cap or other sun protection hat
- Toothbrush and small toothpaste
- Bandana or scarf
- Personal medication in original prescription bottle (to be given to instructors at course start)
- If you have asthma:
You MUST bring your inhaler!
- If you have anaphylactic allergies:
You MUST bring your Epi-pen!

OPTIONAL ITEMS TO BRING:

- small bottle of sunscreen (at least SPF 15)
- unscented lotion
- camera
- sunglasses
- small notebook and pen
- personal hygiene items for women
- extra glasses/contacts

Outward Bound provides all other equipment including warm clothing, raingear, sleeping bags, sleeping pads, backpacks, shelters, food, stoves, cups, bowls, spoons, etc.

ITEMS NOT TO BRING

- jewelry and other valuables
- electronics – phones, iPods or video games
- knives
- playing cards
- food, candy, or snacks
- soap, shampoo
- make-up or hair products
- deodorant

ITEMS WE CAN PROVIDE:

You may bring your own, but instructors may advise you to use Outward Bound gear.

- 1 pair of comfortable hiking boots
- 1 set, top and bottom, synthetic long underwear (NO COTTON)
- 1 warm jacket
- 1 pair fleece pants
- 1 rain jacket
- 1 pair rain pants
- 1 warm hat
- 2 pairs wool socks
- 1 pair mittens/gloves
- 2 water bottles (1 Liter each)
- 1 sleeping bag (if you bring your own, it must be a 0 degree/synthetic fill bag)
- Small flashlight or headlamp

NOTES ON CLOTHING

Because our program environments are characterized by unpredictable weather, it can get cold, hot, or rain any time of the year. Our clothing list reflects the importance of the layering principle. Dressing in several light layers rather than one heavy layer allows more flexibility as the weather and workloads change. Wool and synthetics (polypropylene or fleece) retain much of their insulating ability when wet.

We advise you not to bring cotton clothing (except t-shirts, bandanas and underwear). Cotton retains moisture and loses almost all of its insulating properties when wet. And once cotton clothing gets wet, it stays wet

We recommend thrift/second hand and/or outdoor clothing stores if you need additional gear, but you DO NOT need to spend money on gear, it is not necessary.