



Packing List – What to pack for course

High Sierra Alpine Backpacking for Veterans

Overview

Wilderness travel means you will carry a lot less than you do in the regular world. Most wilderness travelers will bring about the same amount of gear on a three-day trip as they would on a three-week expedition.

Weather

Summer weather in the High Sierra ranges from sunny days to cool and chilly nights. Occasional rain and thunder storms happen, though are rare. Average temperatures are in the 70s (Fahrenheit) with highs in the 90s and lows around freezing. Mosquitoes are their worst late June and early July. Due to the Sierra's very low humidity and high elevation, the effects of the sun are extreme. Proper sun protection is of utmost importance.

Sizing & Layering

Packing several light layers rather than fewer heavier layers allows more flexibility if the weather changes. Inner layers fit closely, mid layers loosely and outer layers just a little bit baggy. The clothing on this list is designed to keep you warm when it is cold or wet and is flexible enough to pack away items when it's hot.

Packing and Storage

Once you arrive to your course, your instructors will help select the best combination of items based on weather and route. Any items your instructors ask you not to bring can be stored securely at base; this is done for efficiency, to minimize pack weight, and to ensure that you have the appropriate gear. Since you may not use every item on this list, we suggest **leaving the tags** on items purchased for this course so that you have the option of returning it. When purchasing gear, please check the retailer's return policies.

What to Wear While Travelling

We recommend you wear course clothing and boots while traveling and bring all essentials (prescription meds, insurance card copy and 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.

What Outward Bound Provides

Outward Bound California will provide all other equipment, including: sleeping bags, sleeping pads, tarp for sleeping, backpacks, cooking gear, food and emergency supplies. Emergency supplies include all common OTC medications like anti-inflammatories (Tylenol, Advil), stomach medications and anti-histamines. Group gear will be divided and carried by all members.

Personal Gear

If you prefer to bring your own gear here are the minimum standards for what may be acceptable. If equipment doesn't meet the standards, it will be stored in a locked secure location a base camp.

- Sleeping pads – Can be $\frac{3}{4}$ to full size in length. They can be closed-cell foam (Ridge-Rest or Z-Rest) or inflatable (Therma-Rest®). If you bring an inflatable pad you must bring a patch kit as well. Note that inflatable pads usually weigh considerably more than closed-cell foam pads.
- Backpacks – Need to have a minimum capacity of 80 Liters (4,900 cubic inches) and should be able to carry 45-60 lbs. comfortably. Internal frame design is recommended. Side pockets are useful to access equipment while on the trail, such as water bottles.



- Sleeping bags – Need to be made from synthetic materials (down fill is not appropriate for our purposes) and have a 0 degree warmth rating for June and September/October courses and a 15-20 degree rating for July/August courses.

Items Not Allowed

- Electronics – cell phones, iPods, etc. These may be brought on the plane or bus but will need to be stored at base before going into the field.
- Deodorant, makeup, shampoo, conditioner, soap, perfume or cologne, etc.
- Any prescription drugs not cleared by the Student Services department
- Weapons of any kind
- Illegal drugs, marijuana, alcohol, tobacco products of any kind, including chewing and vaped tobacco, are prohibited in adherence towards the "No Trace Policy" and towards potential cardiovascular impact while engaging in exercise over challenging terrain.

Packing List Continued on Next Page



Please Bring All Items In This Section:

You are welcome to bring extras of the items marked with a plus (+) sign, but **do not bring extras except where this is noted.** Clothing and equipment can be found at specialty outdoor stores like Mountain Hardwear and REI. Less expensive options can be found at discount retailers like Sierra Trading Post, military surplus stores, and second hand options like Craigslist, eBay, thrift stores, Wilderness Exchange and Play It Again Sports.

Please refer to the **Equipment Cheatsheet and Boot List on the website and linked in your reg email** for further information on how to find appropriate and affordable options. If you have significant concerns about any of the items on the list, please contact your course advisor at 1.415.933.6222.

TOPS				
Quantity	Item	Description/Comments	Purchase Price Range	Check List
2+	Base Layer: Short-Sleeved Synthetic T-Shirt	Worn daily, sweat wicking and for warmth. Often more layers are worn on top. For more sun protection, a long-sleeved sun-shirt can be worn instead. No cotton or cotton blends.	\$15 - \$40 each	
1	Base Layer: Long-Sleeved Synthetic Shirt / Base Layer	Same as the short sleeve description, except long sleeve is worn for colder days.	\$20 - \$60	
1	Mid-Layer Lightweight Fleece Top	Polyester or wool fabric. Commonly referred to as micro-fleece or 100-weight fleece. Lighter and less bulky than a traditional fleece jacket. Typically comes with a ½ to ¾ length zipper.	\$30 - \$150	
1	Long Sleeved Sun Shirt	Loose, lightweight, and light-colored for sun protection. Our instructors often wear old oxford or men's button-down dress shirts from thrift stores since these get very dirty with daily use. Cotton is OK.	\$2 - \$60	
1+	Sports Bra	Should have the proper support for athletic activity. Can be worn as a swim top with quick drying shorts. You do not need to bring a swimsuit if you plan on using this combination.	\$12 - \$30	
BOTTOMS				
Quantity	Item	Description	Price Range	Check List
1	Base Layer - Synthetic Long Underwear	Mid-weight polypropylene or wool long underwear. They are worn next to your skin to wick moisture away. No cotton or cotton blends.	\$15 - \$50	
1	Quick-Dry Shorts	Lightweight nylon fabric dries quickly. Not needed if bringing 'convertible' pants. No cotton or cotton blends.	\$20 - \$50	
1	Quick-Dry Pants	Should be loose fitting to aid in movement. "Convertible" pants with zip-off legs work well as both shorts and pants. No cotton or cotton blends.	\$30 - \$75	



1	Fleece Pants	These are made out of polyester fleece. They should be loose enough to fit over a pair of long underwear or shorts.	\$40 - \$100	
2+	Underwear	Cotton is okay for underwear, especially if you are prone to urinary tract infections.	Bring from home	
OUTER LAYERS (TO FIT OVER ALL LAYERS LISTED ABOVE)				
Quantity	Item	Description	Price Range	Check List
1	Mid-weight Synthetic Insulated "Puffy" Jacket	Water-resistant dries quickly and retains some heat when damp. This jacket should fit under your rain jacket. Recommend 60+g/m fill weight. If you don't want to buy a synthetic jacket, substitute with a heavy 300-weight fleece jacket. No down fabric.	\$100 - \$200	
1	Rain Jackets & Rain Pants	All rainwear must be 100% waterproof, not water resistant! Rain jackets should have a hood. "Breathable" fabrics like Gore-Tex are highly recommended.	\$200+ for pair	
HEAD & HANDS				
Quantity	Item	Description	Price Range	Check List
1	Warm Hat	Fleece, polyester, and wool all appropriate. Should cover ears or have ear flaps. No cotton.	\$12 - \$40	
1	Sun Hat	Should have a brim to cover your face, for added protection use one with a brim all the way around base. Should be made out of softer materials so it can get folded up easily if needed. Baseball caps are fine.	\$30 - \$80	
1	Liner or Lightweight Gloves	Usually made from fleece, wool, or synthetic materials.	\$10 - \$30	
FEET				
Quantity	Item	Description	Price Range	Check List
2+	Synthetic Liner Socks (<u>Optional</u> though recommended)	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. No cotton.	\$5 - \$9	
3+	Mid-Weight Wool Hiking Socks	These socks are worn on top of the liner socks. Need to come up to the middle of your shin.	\$10 - \$25/pair	
1 pr	Lightweight Hiking Boots	See your Boot Guide for more information.	\$120+	
1 pr	Camp Shoes	"Camp" shoes should be close-toed, secure, lightweight and dry quickly. These are typically worn around camp to give your feet a break after wearing hiking boots all day. Occasionally camp shoes will be used to ford streams. Examples include minimalist shoes, Crocs w/ heel strap (preferred), Toms, and mesh water shoes.	Bring from home	
PERSONAL ITEMS				



Quantity	Item	Description	Price Range	Check List
1	Copy of Insurance Card	If you have medical insurance please bring a photocopy of both the FRONT AND BACK of your card. Please do not bring the original card. Your instructors will collect this from you.	Bring from home	
1 pr	Sunglasses w/Keeper Strap	Bring an eyewear retainer with them, such as Croakies or Chums. Essential to protect your eyes in a sunny environment!	\$25+	
1	Headlamp + Batteries	A "hands free" flashlight. LED lamps are brighter than the old Halogen headlamps and consume very little battery power. Bring one set of batteries per week of your course.	\$15 - \$35	
2	Cotton Bandanas	Great as a washcloth and for hygiene.	\$1 - \$5	
2	1-Liter Water Bottles	Wide-mouthed and durable. Nalgene, Sigg, and Klean Kanteen are good brand names. Powerade type bottle are OK, but please bring a few spare lids. Must be 1 Liter or 32oz in size.	\$1 - \$15 each	

TOILETRIES

Quantity	Item	Description	Price Range	Check List
1	Toiletry Kit	Toothbrush, travel-size toothpaste, floss, and comb/small brush. Deodorant and makeup are unnecessary. Look in the travel section of the store for appropriate sizes. Women ok to bring baby wipes (1-2 per day).		
1	Small Bottle of Sunscreen	Waterproof, SPF 30 or greater. One 3-6oz bottle per week of your course. Avoid large bulk bottles and sprays.		
1	Lip Balm	15+ SPF or greater		
1	Small Bottle of Bug Repellant (Optional)	Small size, in an unbreakable bottle—no spray cans. Products with Picaridan or DEET (35-100%) are most effective. 1 small bottle for each 10-14 days of the semester. Note that some instructors prefer to cover up with clothing rather than use bug repellent.		
2-3	1-Gallon Ziplock Bag	These are used to waterproof your smaller personal items, such as a camera, journal, and headlamp. Freezer bags are best.		
	Prescription Eyewear	If you rely on vision correction please bring a second set of glasses or contacts in case original pair becomes lost or damaged. If you use contacts, bring extras and a small bottle of solution. Please note that contacts can be difficult to keep clean in the backcountry.		
	Prescription Medications	THESE MUST BE DECLARED DURING THE APPLICATION PROCESS OR YOU WILL NOT BE ALLOWED TO BRING THEM ON YOUR COURSE. Keep your medications in their original prescription bottles so that they can be easily identified. This includes inhalers and Epi-Pens.		
1 Week Supply	Feminine Supplies	Bring at least a week's worth of supplies as changes in diet, altitude & fitness level can unexpectedly induce menstruation. Instructors have only minimal supplies on hand to lend to participants and may not have your preferred brand or type. If your course is longer than a month make sure to bring an extra week's supply.		

MISCELLANEOUS (FOR TRAVEL TO & FROM COURSE)



Quantity	Item	Description	Price Range	Check List
-	\$40 - \$50 cash plus debit/credit card for snacks and course expenses	The first day is often long. Have cash to buy snacks along the way or bring food with you. Semester courses sometimes have town days where students find they want some money to spend. Participants will also be asked to pay for any borrowed gear that gets lost or damaged and pay for any rentals of required items. You will also have the opportunity to purchase a selection of Outward Bound gear at the end of your course.		
1 Set	Clean Clothes	This set of clothes is to travel home in	Bring from home	
1	Towel	Please bring a towel for showering	Bring from home	

Optional Items: These are not required, but many students enjoy having them.

Quantity	Item	Description	Price Range	Check List
1	Small Journal or Sketchbook (Optional)	Outward Bound provides small journals but if you're a big writer then you may wish to bring an additional lightweight, paperback journal or sketchbook.		
1	Camera (Optional)	Disposable cameras are preferred. Digital cameras will require some extra attention to keep out moisture, dirt and sand. You will not be able to charge your camera battery during course. There is a shared course camera and images from the course will be uploaded to Facebook and participants notified if you prefer to not bring your own camera.		
1	Watch w/ Alarm (Optional)	Should be inexpensive, durable, & waterproof. Some instructors may request that you leave your watch behind.	\$10 - \$50	
1	Hydration System (Optional)	CamelBak or Platypus are good brands. Only the reservoir/"bladder" is required not the hydration backpack itself. Must be at least 2 Liter capacity. If you bring this option, you must also bring one hard sided bottle listed above.	\$20 - \$40	
	Paper, postage stamps, envelopes (Optional)	You will have an opportunity to write letters. Instructors will not have extra envelopes or stamps so make sure to bring plenty.		