



## 3-5 DAY WILDERNESS PACKING LIST

### Items you need to bring

- 1 pair of comfortable sneakers/shoes/boots
- 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; no inappropriate images or wording)
- 1 long sleeve shirt- synthetics preferred
- 2 pairs of underwear
- 3 pairs socks (one pair wool if possible)
- 1 ball cap or other sun protection hat
- Toothbrush and toothpaste
- Bandana or scarf
- Personal medication (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!

### 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 NOT to bring

### 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 & bottom, synthetic long underwear (NO cotton)
- 1 warm jacket
- 1 pair fleece pants
- 1 rain jacket
- 1 pair rain pants
- 1 warm hat
- 1 pair wool socks
- 1 pair mittens/gloves
- 2 water bottles (1 liter each)
- 1 sleeping bag (if you bring your own, it must be 0 degree bag)

### **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 bandannas and underwear). Cotton retains moisture and loses almost all of its insulating properties when wet. 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.

# Frequently Asked Questions

## **What kind of food will we eat?**

While on course, you will be eating nutritious and portable food—grains, pasta, cheese, vegetables, fruits, and nuts—selected to meet high-energy demands from your program. Typical meals include burritos, macaroni & cheese, and peanut butter & jelly sandwiches. The diet may differ from what you are accustomed to at home. To prepare, we suggest you cut down on soft drinks, coffee, and junk food.

## **How ill I stay clean? No showers?**

We are very aware of basic sanitation needs and take cleanliness seriously. You will wash your hands regularly and learn tricks of the trade to staying clean even though you will not be able to shower. Personal soap is not necessary as we provide all you will need.

## **What happens if the weather is bad?**

The course will continue regardless of weather. Instructors will teach students basic safety precautions and protocols.

## **Who are our instructors?**

Outward Bound Instructors are highly skilled and experienced outdoor educators, thoroughly trained in the latest instructional and safety management practices. Above all, you will find your instructors to be compassionate, sensitive, and ready to make your course a life-shaping experience. There will be 2 instructors with your group. We require our instructors to carry certifications in First Aid and CPR, and at least one is a Wilderness First Responder—a high level of wilderness medical training. In addition, all of our staff have been screened and cleared by the national FBI criminal record database and local police databases. Safety for you and for our staff is among our highest priorities.

## **Can I bring my cell phone?**

Participants may NOT bring cell phones or other electronic equipment on course. Each instructor is equipped with an emergency phone. Participants will not be allowed to place or receive calls during the course.

## **Is it safe?**

Outward Bound has an excellent safety record and the safety of our participants is a priority. We invest considerable time and resources in training our staff and reviewing our programs to ensure that they meet high standards of safety and quality. The accuracy of the information you provide on medical forms is a safety essential. Families will be notified immediately in the case of an emergency.

## **Contact Outward Bound**

For any questions before or during your course, please contact us during business hours by phone or email:

Shawn Forry— Program Director High Sierra  
sforry@outwardboundcalifornia.org  
209.742.6999

**For after-hours emergencies only:** Call our general line at 415.933.6222 and press 5 for access to our 24-hour on-call phone.



**OUTWARD BOUND**  
CALIFORNIA