



Packing List – What to pack for course **Redwood Backpacking to Urban Expedition**

Overview

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

Weather

Summer months in the Santa Cruz Mountains are mostly dry with dense morning summer fog, which provides the trees with moisture. Nights are much colder than in San Francisco, around 49° F, day temps around 75°, but can reach out to high 80s on warm days.

The coastal climate on the **Northern California** coast can vary hour to hour and in San Francisco, seemingly changes on a whim, even neighborhood to neighborhood. Summer weather may be chilly and foggy in the mornings and evenings and sunny and warm in the middle of the day. Nighttime temperatures range from 40s-60s and daytime temperatures range from 60s-80s with occasional rain. Sometimes the fog lingers, meaning that San Francisco can often be cool and overcast throughout the day, especially in summer.

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 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 antihistamines. 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 ¾ 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.



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- 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.

Resupply

Your course will resupply during your transition day from the Santa Cruz Mountains to the urban section. This is a chance to exchange items rather than carry every item for the entirety of course. The packing list quantities already includes options to resupply, no need to pack additional items. Common items exchanged on a resupply are a fresh shirt, socks, underwear, batteries, toiletries and prescription medications. Mail can be sent to our San Francisco address, see the website for addresses and suggestions on what to send.

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.
- Illegal drugs, marijuana, alcohol, tobacco products of any kind are prohibited.
- Any prescription drugs not cleared by the Student Services department
- Weapons of any kind

Packing List Checklist on Following Pages



Packing List Checklist

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.**

Please refer to the **Equipment Cheatsheet and Boot List on the website and linked in your registration 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.

Items Provided By Outward Bound (no need to purchase)				
Quantity	Item	Description/Comments	Purchase Price Range	Check List
1	Sleeping Bag	See above section called Personal Gear for requirements if you wish to bring your own.		✓
1	Sleeping Pad			✓
1	Backpack			✓
Group Gear	Tarps for sleeping, Cooking Gear, Food, Emergency Supplies including all OTC medications like anti-inflammatories (Tylenol, Advil), stomach medications and antihistamines. Group gear will be divided and carried by all members.			✓
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 - \$75	
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 - \$15	
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	



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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	
3-4	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.	\$50 - \$150	
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.	\$75+ 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.	\$5 - \$15	
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.	Bring from home	

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, must be above ankles.	\$120+	
1 pr	Camp Shoes	Camp shoes have to be close-toed, secure, lightweight and dry quickly. Running shoes are fine. These are typically worn around camp to give your feet a break after wearing hiking boots all day. Examples include minimalist shoes, Crocs w/ heel strap, Toms and mesh water shoes.	Bring from home	



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PERSONAL ITEMS				
Quantity	Item	Description	Price Range	Check List
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!	\$5	
1	Headlamp + Batteries	A "hands free" LED headlamp. No flashlights. Bring one set of batteries per week of your course.	\$15 - \$35	
2	Cotton Bandanas	Great as a washcloth and for hygiene.	Bring from home \$1 - \$5	
2	1-Liter Water Bottles	OBCA has some if you'd like to borrow these. If you bring your own, please make sure they are wide-mouthed and durable. Nalgene, Sigg, and Klean Kanteen are good brands. Powerade type bottle are OK, but please bring a few spare lids. Must be 1 Liter or 32oz in size.	\$1 - \$15 each	
1	Reusable Mug (Optional)	Nice to have for warm drinks.	\$3 - \$15	
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 Repellent	Small size, in an unbreakable bottle—no spray cans. Products with DEET (35-100%) are most effective. 1 small bottle for each week of course. OBCA will provide bug repellents to students, as needed. Please reference the Vector-borne document for more information.		
2-3	1-Gallon Ziplock Bag	These are used to waterproof and organize your smaller personal items, such as toiletries, 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)				



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Quantity	Item	Description	Price Range	Check List
-	\$40 - \$50 cash plus debit/credit card for snacks before/after course and course expenses	The first day is often long. Have cash to buy snacks along the way or bring food with you. Participants will also be asked to pay for any borrowed gear that gets lost or damaged due to negligence. You will also have the opportunity to purchase a selection of Outward Bound logo'd gear at the end of your course. Students will not carry money while on course, including the urban section.		
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	
Urban Section				
2+	Cotton T-shirts and/or Tank tops	Keep in mind that during service days clothes may get dirty.	Bring from home	
1 pr	Jeans or Pants		Bring from home	
1	Sweatshirts or other warm jacket	You can also use your fleece jacket on the urban section of the course.	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 & Pen (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)	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	