



Summer Search Packing List

OBCA Packing List for Summer Search Backpacking and/or Rock Climbing

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 thunderstorms 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.

What to Wear While Travelling

We recommend you wear course clothing and boots while traveling. Being dressed for course will also further the efficiency on your first day, especially since bathrooms and private changing areas may not be available.

Resupply

There will be an opportunity to resupply rather than carry every item for the entirety of course. The packing list quantities are 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. Some resupplies are at front-country trailheads while others are held in the backcountry and brought in by horse packers. Resupplies completed by horse will limited to only food and letters (no packages), not the above mentioned list for weight restrictions. Mail will come in and go out during this time for either option.

12 - 14-Day Course: 1 resupply, roughly half way through course.

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 or vape pens of any kind are prohibited.
- Any prescription drugs not cleared by the Student Services department
- Weapons of any kind



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.**

Items Provided By Outward Bound (no need to purchase)					
Quantity	Item	Description/Comments	Summer Search Provides	Student Provides	Outward Bound Provides
1	Sleeping Bag		0	0	✓
1	Sleeping Pad		0	0	✓
1	Backpack		0	0	✓
Group Gear	Tarps, 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.		0	0	✓
TOPS					
Quantity	Item	Description/Comments	Summer Search Provides	Student Provides	Outward Bound Provides
2+	Hiking Shirt: Short-Sleeved Synthetic T-Shirt	Worn daily, sweat wicking and for hiking. 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.	1	2	0
1	Base Layer: Long-Sleeved long underwear top	Midweight polypropylene or wool long underwear top. Worn next to your skin for warmth. No cotton or cotton blends.	0	0	1
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.	0	0	1
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.	0	1	0
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.	0	1	0
BOTTOMS					
Quantity	Item	Description	Summer Search Provides	Student Provides	Outward Bound Provides
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.	0	0	1



1	Quick-Dry Shorts	Lightweight nylon fabric dries quickly. Not needed if bringing 'convertible' pants. No cotton or cotton blends.	0	1	0
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.	1	0	0
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.	0	0	1
3+	Underwear	Cotton is okay for underwear, especially if you are prone to urinary tract infections.	0	4	0
OUTER LAYERS (TO FIT OVER ALL LAYERS LISTED ABOVE)					
Quantity	Item	Description	Summer Search Provides	Student Provides	Outward Bound Provides
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.	1	0	0
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.	0	0	1
HEAD & HANDS					
Quantity	Item	Description	Summer Search Provides	Student Provides	Outward Bound Provides
1	Warm Hat	Fleece, polyester, and wool all appropriate. Should cover ears or have ear flaps. No cotton.	1	0	0
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.	0	1	0
1	Liner or Lightweight Gloves	Usually made from fleece, wool, or synthetic materials.	1	0	0
FEET					
Quantity	Item	Description	Summer Search Provides	Student Provides	Outward Bound Provides
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.	0	0	2



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.	0	0	3
1 pr	Hiking Boots	<i>Check in with your Summer Search mentor about boots.</i>	1	0	0
1 pr	Camp Shoes (Optional if using running shoes below as camp shoes)	Camp shoes have to 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 and are occasionally used to ford streams. Examples include minimalist shoes, Crocs w/ heel strap, Toms and mesh water shoes. **In high snow years, running shoes are preferred, check with your course advisor if this is a high snow year.	0	1	0
1 pr.	Running Shoes	Most courses have a Personal Challenge Event at course end which involves running, so sturdy running shoes are preferred to fashion or skateboarding type sneakers. Can double as Camp Shoe.	0	1	0
1 pr.	Rock Climbing Shoes (If applicable)	If your course has rock climbing, you will receive a pair of rock climbing shoes from Outward Bound.	0	0	1

OPTIONAL ITEMS

Quantity	Item	Description	Summer Search Provides	Student Provides	Outward Bound Provides
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!	0	1	0
1	Headlamp + Batteries	A "hands free" LED headlamp. No flashlights. Bring one set of batteries per week of your course.	0	0	1
2	Cotton Bandanas	Great as a washcloth and for hygiene.	0	2	0
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	1	0
1	Reusable Mug (Optional)	Nice to have for warm drinks	0	1	0

TOILETRIES

Quantity	Item	Description	Summer Search Provides	Student Provides	Outward Bound Provides
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1	Toiletry Kit	Toothbrush, travel-size toothpaste, floss, and comb/small brush. Look in the travel section of the store for appropriate sizes. Optional baby wipes (1-2 per day).	0	1	0
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.	0	1	0
1	Lip Balm	15+ SPF or greater	0	1	0
1	Small Bottle of Bug Repellent (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 week of course. Note that some instructors prefer to cover up with clothing rather than use bug repellent.	0	1	0
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.	0	2-3	0
	Prescription Eyewear (If applicable)	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.	0	✓	0
	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.	0	✓	0
1 Week Supply	Feminine Supplies (If applicable)	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.	0	✓	0
BEFORE/AFTER COURSE ITEMS					
Quantity	Item	Description	Summer Search Provides	Student Provides	Outward Bound Provides
-	\$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. You will also have the opportunity to purchase a selection of Outward Bound logo'd gear at the end of your course.	0	✓	0
1 Set	Clean Clothes	This set of clothes is to travel home in	0	✓	0
1	Towel	Please bring a towel for showering at the end of course	0	✓	0



OPTIONAL ITEMS

Quantity	Item	Description			
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 and your favorite pen.	0	✓	✓
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	0	✓	✓
1	Watch w/ Alarm (Optional)	Should be inexpensive, durable, & waterproof. Some instructors may request that you leave your watch behind.	0	✓	0
	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.	0	✓	0