



Packing List – What to pack for course

High Sierra/Yosemite Backpacking & Rock Climbing/Mountaineering

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 high temperatures range from 70 to 80 degrees Fahrenheit, 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 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 $\frac{3}{4}$ 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.



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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

During this course, there will be a resupply where fresh items can be exchanged 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. 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.

24-Day Courses: 2 resupplies, roughly 1 every week

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

10-Day Courses: Up to 1 resupply possible, depending on course type.

<10 Day Courses: No resupply scheduled.

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

Packing List Continued on Next Page



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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 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.

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+ | 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. | \$15 - \$40 each | |
| 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. | \$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 |
|----------|------|-------------|-------------|------------|
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| 1 | Base Layer - Synthetic Long Underwear | Mid-weight polypropylene or wool long underwear bottoms. They are worn next to your skin for warmth.. 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 | |
| 3+ | 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. | \$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. | Bring from home | |
| 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 | |



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| 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 | Hiking Boots | See your Boot Guide for more information. High snow years require backpacking boots, ask your course advisor about snow conditions. | \$120+ | |
| 1 pr | 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. | Bring from home | |
| 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. | Bring from home | |

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 | |
| 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 | |
| 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. Okay 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 (Recommended) | 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. | | |



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| | | 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 | Menstrual 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, 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. Participants will also be asked to pay for any borrowed gear that gets lost or damaged. You will also have the opportunity to purchase a selection of Outward Bound logo'd 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 at course end. | 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) | You will not be able to charge your camera battery during course. There is a shared course camera. Images from the course will be uploaded to Facebook, and participants notified by email after course end. | | |
| 1 | Watch w/ Alarm (Optional) | Should be inexpensive, durable, & waterproof. Some instructors may request that you leave your watch behind. | \$10 - \$50 | |



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| 1 pr | Rock Climbing Shoes (Optional) | Outward Bound can lend rock climbing shoes although sizing is limited. The classic rock climbing shoe is a close fitting shoe built with suede leather or a suede and fabric combination upper that is sewn or bonded to a smooth, "sticky" rubber sole. Should fit snugly but not be uncomfortably tight. It is helpful to get advice from customer service when finding the right size. | \$60-140 | |
| | 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. | | |