

About this List

Wilderness travel means you must carry much less than you do in the regular world. Most experienced wilderness travelers will tell you that they bring about the same amount of gear on a three-day trip as they would on a three-week trip. Being comfortable on course means minimizing the weight you carry while not leaving anything necessary behind - the information below contains everything you need to strike this balance. Follow the guidelines on the list and you will be set up for success! ***Please bring everything on the list that is not specifically marked "optional."***

This list is designed to create an ideal combination of layers for very dynamic weather conditions. Because of these variable conditions each season, students might not use all of the clothing on this list. Depending on which retailer you purchase from, you may be able to return unused items. We suggest keeping tags on new purchases until worn. Please note you don't need to buy all name-brand clothing. You can shop at thrift stores, second-hand outdoor stores, or online discounted outdoor retailers to satisfy the clothing list. **The main considerations are weight, bulk, and quality.**

LAYERING

There are [three main layers](#) to understand about clothing for wilderness travel. Each layer serves a specific purpose and utilizes specific materials. Below are the layers and terms you will encounter when looking for outdoor gear. They are intended to be built on the previous layer(s), so that all can be worn at the same time if weather demands.

Base (Wicking) Layer

- Purpose: Keeps skin dry and comfortable while active or sleeping by wicking moisture away from skin
- Materials: synthetic (polyester or polypropylene blends), wool, silk

Middle (Insulation) Layer

- Purpose: Retains body heat to protect you from the cold.
- Materials: Fleece, wool, or synthetic (i.e. PrimaLoft, polyester)
- Fleece: This is a synthetic *pile* material which is a great insulator, but it's not windproof. In windy conditions, you'd wear your hard shell over your fleece to combine the wind-resistance and insulation.
- Wool: The natural material that (unlike cotton) keeps you warm when wet. As a bonus, wool is naturally odor- and bacteria-resistant.

Outer (Shell) Layer

- Purpose: Outermost layer that protects from the elements like rain, wind, and snow
- Hard Shell: These materials are waterproof, windproof and breathable. Look for items treated with a durable water repellent (DWR) finish such as Goretex, eVent, or VaporDry and labeled as "waterproof."
- Soft Shell: These are materials that are water- and wind-resistant but not waterproof. They are more breathable than hard shell materials.

A Note About Cotton: Cotton makes for comfortable clothing, but in the wilderness, it can be dangerous. Cotton dries extremely slowly and sucks away heat from the body, which can easily lead to hypothermia. Synthetic and wool materials will keep you warm even when they are wet. *That is why we ask that most everything you bring is synthetic and nothing be made of cotton unless specifically noted on the packing list.*

Weather Conditions

Summer weather in the Northwest varies; most often hot, sunny days will be followed by cool nights. Rain is less likely on the eastern side of the mountains where we run rafting and climbing courses, and more likely on the West side where much of our travel on the Pacific Crest Trail will take place. We've been known to get both snow and heat waves in the middle of July. The temperature averages in the 70s with potential highs in the 90s and lows around freezing. Be prepared by obtaining all the clothing on our list.

Packing for Your Course & Personal Luggage Storage

At the beginning of course, students will pack as a group. The instructors will call off each item from the gear list and assist you in choosing which items to pack for each section of course. Some items will be used during the entirety of course; others will be set aside in totes or bags and be staged for later parts of course. Any leftover clothing and luggage will be securely stored in our base camp warehouse for the duration of course. If there are items not mentioned on this list that you feel you might need, you can bring it to the start of course and ask the instructors' opinion while packing as a group.

Cell phones and valuables will be collected at the beginning of course, and will be returned at course end. Please have your departure itinerary arranged before course, and bring a copy for reference. We will ask that you power-down cell phones before they are collected since your next opportunity to charge them will be at the airport on your way home. Please bring a power cord to use at that time. Students under 18 are encouraged to text or call their parents as soon as they get service on departure day.

Gear List of Personal Items

Head			
Number	Item	Description	Price Estimate
1	Warm hat	Fleece or wool hat.	\$10 – \$30
1	Sun hat	Wide-brim is best, baseball hat ok. Synthetic Preferred	\$10 – \$20
1-2 pair	Sunglasses w/keeper strap	100% UV protection. Inexpensive ones are ok.	\$10+
Hands			
Number	Item	Description	Price Estimate
1 pair	Gloves or mittens	Fleece gloves or mittens. Inexpensive ok.	\$10-50
Feet (see included shoe guide for more specifications on shoes and boots)			
Number	Item	Description	Price Estimate
8 pair	Hiking sock	Mid-weight, crew height synthetic or wool	\$10 – \$20
1-2 pair	Trail Runners	Lightweight Trail Runners – NOT waterproof	\$100 - \$200
1 pair	Camp Slippers	Must be close-toed (no flip flops) and very light. We recommend Sanuk "Vagabonds" or Crocs	
1 pair	Ankle Gaiters	Short ones are best – dirtygirlgaiters.com	\$20
Upper Body			

Number	Item	Description	Price Estimate
2	Sports bras	Quick drying fabric is most comfortable.	\$20
1	Rain coat with hood	Must be 100% waterproof (not water-resistant). Waterproof and <u>breathable</u> fabrics are strongly recommended. A hood is required. We <i>*highly*</i> recommend Frogg Toggs "All Sport Rainsuit" for its price, weight, and waterproofness. (*2016 Student Favorite)	\$35 - \$150
1	Long underwear – top	lightweight synthetic.	\$20 - \$30
1	Long-sleeve cotton t-shirts	For sun protection – cotton ok. Many hikers use old light-weight button-up dress shirts	\$5 - \$30
2	Short-sleeve t-shirts	At least two of your shirts must be lightweight synthetic.	\$10 - \$50
1	Long sleeve fleece/wool shirt	Fleece shirt or light wool sweater. Also called expedition-weight base layer: 100-weight fleece ok.	\$15 - \$50
1	Jacket	Down or Synthetic Puffy jacket is best, fleece or wool works too but is bulkier and heavier	\$100-\$300
1	Thin Windbreaker (optional)	Works great to protect against mosquitoes – Look at Patagonia’s Houdini for an idea	\$30 - \$100
Lower Body			
Number	Item	Description	Price Estimate
3	Underwear	Synthetic. Flat-stitched seams are recommended to reduce chafing. Female students should bring an additional 1-2 pairs of cotton underwear to sleep in.	\$15 - \$20
1 pair	Lightweight Synthetic Shorts	Quick-drying w/ pockets. Lightweight running shorts recommended. Avoid long or heavy shorts that may cause chafing.	\$15 - \$30
1	Rain pants, Skirt, or Kilt	100% Waterproof and breathable fabrics are recommended. We recommend the Frogg Togg "All Sport" Rainsuit or ULA Rain Kilt (*2016 Student Favorite)	\$35 - 100
1	Long underwear – bottoms	light-weight synthetic.	\$20 - \$30
Toiletries			
Number	Item	Description	Price Estimate
n/a	Prescription Eyewear	Contacts, solution and glasses. Be certain to have a backup to your primary eyewear (if you wear contacts, you must bring glasses)	n/a
3	Toothbrush & Toothpaste	Travel-sized toothpaste (multiple for resupply)	\$3
n/a	Prescription Medications	MUST be declared during medical screening process. Bring 2 sets in Ziploc bags	n/a

1	Feminine Supplies	An ample supply. Changes in diet, schedule and exercise can unexpectedly induce menstruation on course (multiple for resupply)	n/a
2	Bug Repellent	Smallest available; no aerosol (multiple for resupply)	\$3
2	Lip Balm	SPF 20+ (multiple for resupply)	\$3
4	Sunscreen	Small travel size tubes, SPF 30+ (multiple for resupply)	\$15
1	Baby wipes	Optional. Smallest package available. Recommended for female students (can buy one box and break down into smaller bags of 10 wipes ahead of time)	\$5
<p>***If you would like to purchase the NW Outward Bound Toiletry Kit, choose the Toiletry Kit option when paying online or contact your Course Advisor. The kit includes travel-size toothpaste & toothbrush, hand sanitizer, bug repellent, lip balm and sunscreen.</p>			
Accessories			
Number	Item	Description	Price Estimate
1	Headlamp	A light worn on your head to keep hands free. LED type is best. Many hikers use small Coleman found at Big 5 (light and cheap!)	\$10 - \$50
2	EXTRA sets of batteries	For your headlamp. Can be put in a resupply box.	\$5
2	Bandanas	For washcloth and sun protection, Kleenex, etc. (It's not clothing, so it's ok if it's cotton!) Female students should bring 2 bandanas	\$5
1	Watch with alarm	Altimeter option is helpful but not required	\$15 - \$30
2	Water bottles	32 oz. plastic Gatorade or Smartwater bottles with a wide mouth work best. No plastic Nalgene or metal canteens please.	\$5 - \$15
1	Kinesiology Tape	Works GREAT for blisters – Can be seen at KTtape.com and found at most pharmacies (*2016 Student Favorite)	\$10 - \$20
1	Small Knife (optional)	Light weight, nothing bigger than 3" blade please. ONLY used for cooking. Can send ahead of time to avoid TSA issues.	\$10 - \$20
1-2	Chafe Cream	Travel Size tubes – Vagisil works GREAT for chafing on <i>all</i> genders (*2016 Student Favorite). Can tape over tube for privacy.	\$10 - \$20
1	Smartphone (optional)	Great for photos, navigation, PCT apps, trail information, town information, communication	n/a
1	Ear Buds	Students <i>may</i> have the option to listen to ear buds later in course	\$10
1	Spoon (optional)	If you have a favorite titanium one, bring it!	\$3 - \$10

n/a	Snacks (optional)	We will have an opportunity to go to the grocery store to buy food for our resupply boxes however this is your chance to bring non-perishable favorites from home. Highly recommended for people with special diets.	n/a
10	Envelopes & Stamps	To write home	n/a
1	Light-weight Journal	For reflection and paper to write home with. Must be light weight. Feel free to download podcasts, music, and e-books (no paperback).	n/a
Other Necessary Items			
Number	Item	Description	Price Estimate
1	Sleeping Bag or Quilt (optional but highly recommended)	We can provide you a standard issue Outward Bound sleeping bag; however, it is recommended to invest in your own 20° down or synthetic bag. See the 20° <u>Z-Packs</u> or Marmot Helium bags for an idea. (*2016 Student Favorite)	\$100 - \$250
1	Sleeping Pad (optional)	Closed-cell insulate foam pad works great. Be open to cutting off some to save weight.	n/a
1	Travel and Food Money (debit/credit card + small amount of cash recommended)	Most of the food used to build resupply boxes will be from the Outward Bound food room and included in the course cost. Supplementary snacks or special dietary provisions will be provided yourself during a grocery store run. Please consider this when budgeting for your course and have a method of payment ready. (*2016 Students recommend \$100 cash plus a debit/credit card). <i>At course end, students are required to pay for lost equipment and any equipment that was damaged not through standard wear and tear. Make sure to bring extra money if you plan on checking your luggage with the airlines.</i>	\$300
1	Clean Clothes	A set of clean clothes for the way home, and small towel for post course.	n/a
1	Travel Documents	Copies of your travel itinerary & personal identification. Copies of NW Outward Bound School's contact phone numbers in case of a travel delay	n/a

Gear List of Items Provided by Outward Bound

Outward Bound provides all necessary technical equipment including helmets, ice axes, ropes, wetsuits, dry suits, etc. We also provide a full sleeping system including a sleeping bag, sleeping bag liner, closed-cell foam sleeping pad, and ground sheet. Outward Bound provides backpacks, shelters, cooking equipment, and any soap or shampoo necessary for post-course clean-up before departure.

If you DO wish to bring your own backpack or sleeping system, here are our minimum standards for what MAY be acceptable for these items:

- Backpacks – need to have a minimum capacity of 80 liters, should carry 45-60 lbs. comfortably and be an internal frame design
- Sleeping bags – need to be made from synthetic materials (down fill is not appropriate for our purposes) and have a 0 degree warmth rating
- Sleeping pads – can be ¾ to full size in length. Can be made of closed-cell foam (Ridge-Rest or Z-Rest) or be inflatable (Therma-Rest). If you bring an inflatable pad you must bring a patch kit as well.

If you bring your own equipment, your instructors will inspect it during course start. If it does not meet our standards you can store it in a secure location at our base camp during your course.

FOOTWEAR: WHAT KIND OF FOOTWEAR DO YOU NEED?

99% of Long Distance Hikers use non-waterproof trail runners during their hikes. This is the best choice for the amount of walking you will be doing as compared to traditional backpacking trips. Boots are stiff and expensive. They cause blisters and musculoskeletal problems because of their rigidity. Boots are great for more technical mountaineering where you would be kicking steps in snow or extended off trail travel, but for the demands of the PCT, trail runners are the way to go.

Your footwear choice should:

- NOT be waterproof so if your feet sweat or become wet from rain or creek crossings they will dry out quickly as compared to waterproof shoes that will trap in the moisture and cause blisters.
- Have good support which all comes from the heel cradle, not how high up your shoe goes on your ankle. All trail runners you find at gear stores like REI or Eastern Mountain Sports should be fine.
- Have great tread for slippery terrain.
- Be a ½ size larger than your normal shoe size. This may sound strange but your feet will relax and expand because of the amount of walking you will be doing every day.
- NOT too small for you. Rubbing causes major discomfort and blisters. Footwear can make or break your daily experience.
- Be affordable. Don't feel like you have to drop loads of money on footwear. It's one of the beauties of thru hiking: you make do with what you have. You can find a quality pair of shoes that will last your entire trip on sale for \$60 - \$100.

Popular Trail Runners for Long Distance Hiking:

- Brooks: Cascadia
- La Sportiva: Wildcat
- Altra: Lone Peak (*Favorite of 2016 students)

Remember you can always contact your Course Advisor with any questions! We want to help set you up for the most successful experience possible.