



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 Eastern Washington varies; most often hot, sunny days will be followed by moderate nights. Rain is less likely on the eastern side of the mountains but is always a possibility in the temperate Northwest. The temperature averages in the high 80s with potential highs in the 90s and in the 50's or 60's. Be prepared by obtaining all the clothing included 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 | Estimated price |
| 1 | Warm hat | "ski hat"; wool or synthetic | \$10 – \$30 |
| 1 | Sun hat | Brimmed hat such as a baseball hat | \$10 – \$20 |
| 1 | Buff / Neck Gaiter | Optional. To cover the face in intense sun. We highly recommend the "Buff" since it is lightweight and breathable. | \$30 |
| 1 | Sunglasses w/ keeper strap | 100% UVA & UVB blocking. A keeper strap (such as Croakies brand) is necessary to keep your sunglasses from falling off | \$25+ |
| Hands | | | |
| Number | Item | Description | Estimated price |
| 1 | Fleece or softshell gloves | Mid-weight synthetic fleece or softshell material. Wind-resistant material is preferred | \$30 – \$80 |
| Feet (see included shoe guide for more specifications on shoes and boots) | | | |
| Number | Item | Description | Estimated price |



| | | | |
|-------------------|---------------------------------------|--|-----------------|
| 2 | Liner Socks | Synthetic, very light weight, designed to be worn under hiking socks to prevent blisters | \$5 – \$10 |
| 2 | Hiking Socks | Mid-weight, boot-height synthetic or wool | \$10 – \$20 |
| 1 | Camp Shoes | Lightweight running shoes; an older well-worn pair is acceptable | \$50 – \$100 |
| 1 | Water Shoes | Water shoes for boating, swimming, wading. Must have a heel strap. Course instructors suggest Crocs with a heel-strap. Old running/tennis shoes, or sturdy sandals with a heel-strap such as Tevas or Chacos are also appropriate. Do not buy elaborate close toed shoes with many straps (no Keens or Salomon Amphibians) | \$25 – \$100 |
| Upper Body | | | |
| Number | Item | Description | Estimated price |
| 1-2 | Sports Bra | Synthetic with adequate support. Can be combined with shorts for swimming | \$20 |
| 2 | T-Shirt or sun shirt | Lightweight synthetic T-shirt or a loose, long-sleeve, light-colored sun shirt (may be cotton button-down from thrift store) | \$10 – \$30 |
| 1 | Sun Hoody | Optional. Can take the place of the sun shirt. Layer made specifically for sun protection that is also great for paddling in. | \$40-60 |
| 1 | Long Underwear top | Mid-weight synthetic or wool long sleeve shirt. | \$20 – \$30 |
| 1 | Long-sleeved fleece/wool pullover | Fleece shirt or light wool pullover. Thicker than long underwear. Also called expedition-weight base layer. Zip-t neck recommended. 100-weight fleece ok. | \$25 - \$75+ |
| 1 | Insulated Jacket: fleece or synthetic | Mid-weight insulated jacket or synthetic fleece with a full length zipper. | \$100+ |
| 1 | Rain coat w/ hood | Often referred to as “hard shell.” Must be 100% waterproof (not water-resistant). Waterproof and breathable fabrics are strongly recommended. A hood is required | \$125 + |
| Lower Body | | | |
| Number | Item | Description | Estimated price |
| 3-4 | Underwear | Synthetic. Flat-stitched seams are recommended to reduce chafing. All students should bring an additional 1-2 pairs of cotton underwear to sleep in | \$15 – \$20 |
| 2 | Shorts | Synthetic. Comfortable to walk in. Running shorts work well. Avoid swimsuits or board shorts. | \$20 – \$30 |
| 1 | Swimsuit | No bikinis or speedos. You may substitute your quick-drying shorts (men) or quick-drying shorts + sports bra (women) | \$15 – \$30 |
| 1 | Long Underwear | Mid-weight synthetic or wool | \$20 – \$30 |



| Bottom | | | |
|--------------------|-------------------------|---|-----------------|
| 1 | Fleece Pants | Mid-weight synthetic fleece | \$30 – \$75 |
| 2 | Hiking Pants | Lightweight nylon or softshell. One can be a cheaper light material. You will want to have one dry set and one wet set while canoeing. | \$50 – \$75+ |
| 1 | Rain Pants | Often referred to as “hard shell.” Must be 100% waterproof (not water-resistant). Waterproof and breathable fabrics are strongly recommended. Full side zips are recommended | \$100 + |
| Accessories | | | |
| Number | Item | Description | Estimated price |
| 1 | Head Lamp | LED-style only. No halogen bulbs. Bring 1 set of batteries per week on course | \$30 |
| 1 | Watch w/ Alarm | Must have alarm. Choose an inexpensive, water resistant model | \$10 – \$30 |
| 2 | 32 oz. Water Bottles | Wide mouth and durable. DO NOT BRING DISPOSABLE WATER BOTTLES. Nalgene, Sigg, and Kleen Kanteen are great brands. You may bring a hydration system such as Camelbak or Platypus in addition to 2 water bottles. Screw tops only - no flip-tops or straws. | \$5 – \$20 |
| 2 | Bandana | Cotton bandana. It’s the only thing on this list that can be cotton! All students should bring 2 bandanas | \$5 |
| 1 | Bug Head Net | Netting worn over the head to keep the bugs away | \$10 |
| 3 | Face Mask | Please bring at least 2 reusable masks for use on course and 1 for post-course. Must cover nose and mouth, and be secured either around the back of the head or behind the ears. These masks will be worn at different times throughout the course to mitigate the spread of communicable diseases. This is a required item. Please talk with your Course Advisor if you have any questions. | \$15 |
| 1 | Small Pack Towel | Optional. Quick-drying synthetic pack towel | \$15 – \$20 |
| 1 | Camera | Optional. Do not bring anything larger than a small point-and-shoot. A sturdy case and Ziploc bag are strongly recommended to protect the camera | n/a |
| Toiletries | | | |
| Number | Item | Description | Estimated price |
| 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 |
| 1 | Toothbrush & Toothpaste | Travel-sized toothpaste | \$3 |
| 1 | Hand sanitizer | Alcohol based, 60%+ alcohol, 3oz-5oz, non-liquid | \$3 |

| | | | |
|-----|--------------------------|--|-----|
| n/a | Prescription Medications | MUST be declared during medical screening process. Bring 2 sets in Ziploc bags | n/a |
| 1 | Menstruation Supplies | An ample supply. Changes in diet, schedule and exercise can unexpectedly induce menstruation on course | n/a |
| 1 | Bug Repellent | Optional. Smallest available; no aerosol, no wipes | \$3 |
| 1 | Lip Balm | SPF 20+ | \$3 |
| 1 | Sunscreen | Small tube, water/sweat-resistant, SPF 30+; no aerosol | \$5 |
| 1 | Baby wipes | Smallest package available. | |
| 1 | Ear plugs | Optional. | |
| 1 | Gold Bond | Optional. Travel-sized. For those prone to chafing. | |

***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.

| Miscellaneous Items | | | |
|----------------------------|------------------|--|-----------------|
| Number | Item | Description | Estimated price |
| 1 | Travel Documents | Copies of your travel itinerary, e-ticket, etc. Copies of NW Outward Bound School's contact phone numbers in case of a travel delay | n/a |
| 1 | Travel Money | \$50-\$100 for Student Store, airport snacks and any other travel expenses. At course end, students are required to pay for lost equipment and any equipment that was damaged not through standard wear and tear | \$50 |
| 1 | Clean Clothes | A set of clean clothes for the way home. | n/a |
| 1 | Towel | A small bath towel for your post-course shower | n/a |
| 1 | Shampoo /soap | Travel-size, for post-course shower | |

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 an opportunity 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.