



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 not uncommon in the San Juan Islands even during the summer months. The temperature averages in the 70s with potential highs in the 90s and lows around freezing. 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	"beanie/ski hat"; wool or synthetic	\$10 – \$30
1	Sun hat	Wide-brim is best, baseball hat ok.	\$10 – \$20
1	Buff / Neck Gaiter	Optional. To cover the face in intense sun or for added face warmth the cold. We highly recommend the "Buff" since it is lightweight and breathable.	
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 soft-shell gloves	Mid-weight synthetic fleece or soft-shell material. Wind-resistant material is preferred	\$30 – \$80
1	Paddling Gloves	Optional. Neoprene paddling gloves or bike gloves to protect your hands from blisters while paddling	\$10-\$40
Feet			



Number	Item	Description	Estimated price
3	Hiking Socks	Mid-weight, crew height synthetic or wool	\$10 – \$20
1	Water Shoes	Salt water, rocky beaches and shoes with straps create blisters. We highly recommend above-ankle neoprene booties with rubber soles (often sold as surfing booties). An old pair of running shoes (in addition to your dry “camp shoes” below) also works well. Crocs (with heel strap) are appropriate. Strap-based water shoes, such as Keens or Salomon amphibians are not recommended because they tend to cause blisters.	\$10 – \$50
1	Camp Shoes	Lightweight running shoes; an older well-worn pair is ok.	\$50 – \$100
Upper Body			
Number	Item	Description	Estimated price
1-2	Sports Bra	Synthetic with adequate support. Can be combined with shorts for swimming	\$20
1-2	T-Shirt	Lightweight synthetic	\$10 – \$30
1	Paddling shirt	Lightweight, long sleeve synthetic shirt to paddle in. This layer will get wet and salty, and will help prevent chaffing under your wetsuit. No cotton.	\$15 - 30
1	Rash Guard	Optional. Long sleeve. May take the place of the above paddling shirt.	
1	Long Underwear top	Mid-weight synthetic or wool, long sleeve.	\$20 – \$30
1	Long-sleeved fleece/wool pullover	Fleece 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	Mid-weight Insulated Jacket: fleece, synthetic, or down	Mid-weight insulated jacket or synthetic fleece with a full length zipper.	\$100+
1	Heavy-weight Insulated Jacket: Fleece or synthetic	<i>June, September & October courses only:</i> Heavyweight fleece or synthetic insulated jacket in addition to the mid-weight layer above. A hood is recommended.	\$150+
1	Rain coat with 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	\$150 +
Lower Body			
Number	Item	Description	Estimated price



3	Underwear	Synthetic. Flat-stitched seams are recommended to reduce chafing. All students should bring 1-2 additional pairs of cotton underwear to sleep in.	\$15 – \$20
2	Shorts	Synthetic. Comfortable to walk in.	\$20 – \$30
1	Swimsuit	Appropriate swimwear for high activity. You may substitute 1 of your pairs of quick-drying shorts (men) or quick-drying shorts + sports bra (women)	\$5 – \$30
1	Long Underwear Bottom	Mid-weight synthetic	\$20 – \$30
1	Fleece pant	Mid-weight synthetic fleece	\$50-\$100
1	Hiking Pants	Optional. Lightweight nylon or soft-shell pants.	\$25 – \$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	Headlamp	LED bulbs only. No halogen bulbs.	\$30
1	Watch w/ Alarm	Must have alarm. Choose an inexpensive model.	\$10 – \$30
2	Water Bottles	32 oz. each. Plastic or stainless steel with screw top. No Camelbaks or water bladders	\$5 – \$20
2	Bandana	Cotton bandana.	\$5
1	Sarong	A large cotton sarong is useful for changing in/out of your wetsuit on the beach.	\$5
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
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
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	Lip Balm	SPF 20+	\$3
1	Sunscreen	Small tube, water/sweat-resistant, SPF 30+ ; no aerosol	\$5
1	Baby wipes	Smallest package available.	
1	Bug repellent	Small bottle, no aerosol, no wipes; DEET or Picaradin is recommended.	\$5
1	Gold Bond	Optional. Travel-sized. For those prone to chafing.	
<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>			
Miscellaneous Items			
Number	Item	Description	Estimated price
1	Travel Documents	Copies of your travel itinerary, e-ticket, etc. Copies of NWOBS' contact phone numbers in case of a travel delay	n/a
1	Travel Money	Money for dinners while on course and miscellaneous 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 evenings and the way home.	n/a
1	Shampoo, Soap, Small Towel	Travel-sized, for post-course showers	

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.



**NORTHWEST
OUTWARD BOUND SCHOOL**

Packing List & Footwear

7-day Sea Kayaking

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.