



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

Spring, Summer, and Fall weather in the Northwest varies significantly; most often mild, sunny days will be followed by chilly nights. The sea kayak section may see daytime temperatures in the 80 or 90s, while the mountaineering section may drop into the low 20s at night. The weather can range from “heat wave” like conditions to winter-like snow storms. These conditions are ideal for training your backcountry systems so you know how to handle groups in different weather. 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 | 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. | \$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 |



| 1 | Waterproof & Insulated Gloves | Sometimes called “ski gloves”. Heavy-duty gloves that have a waterproof/windproof shell and synthetic insulation. Ideally, the liner can be removed from the outer shell for drying | \$50 – \$100 |
|--|-----------------------------------|--|-----------------|
| Feet (see included shoe guide for more specifications on shoes and boots) | | | |
| Number | Item | Description | Estimated price |
| 4 | Liner Socks | Synthetic, very light weight, designed to be worn under hiking socks to prevent blisters | \$5 – \$10 |
| 5 | Hiking Socks | Mid-weight, crew height synthetic or wool | \$10 – \$20 |
| 1 | Mountaineering Boots | Mountaineering Boots. Please see our boot guide for details | \$200+ |
| 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, see below. Strap-based water shoes, such as Keens or Salomon Amphibians are not recommended because they tend to cause blisters. | \$25 – \$100 |
| 1 | Camp Shoes | Lightweight running shoes; an older well-worn pair is acceptable. | \$50 – \$100 |
| 1 | Crocs | Optional. In addition to working as your water shoes, Crocs are nice for airing out feet at camp and for keeping boots and camp shoes dry during river crossings in the mountains. | \$20-30 |
| Upper Body | | | |
| Number | Item | Description | Estimated price |
| 5 | Sports Bra | Synthetic with adequate support. Can be combined with shorts for swimming | \$20 |
| 3+ | 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. | |
| 3 | Long Underwear top | Mid-weight synthetic, long sleeve. | \$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. | \$15 – \$50+ |



| | | | |
|--------------------|---|--|-----------------|
| 1 | Sun Shirt | Loose, lightweight, light color. Meant for sun protection when paddling. May be cotton – instructors often use cotton button-down shirts from a thrift store for this purpose | \$0 – \$10 |
| 1 | Sun Hoody | Optional. Can take the place of the above sun shirt. Layer made specifically for sun protection that is also great for hiking in. | \$40-60 |
| 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: down or synthetic | Fall Course Only: Heavyweight down or synthetic insulated jacket in addition to the mid-weight layer above. A hood is recommended. 700+ fill (down) or 100-150+g (synthetic). | \$150+ |
| 1 | Rain coat with hood | Often referred to as “hard shell.” Must be 100% waterproof (not water-resistant). Waterproof and breathable fabrics are required. A hood is required | \$150 + |
| Lower Body | | | |
| Number | Item | Description | Estimated price |
| 5+ | Underwear | Synthetic. Flat-stitched seams are recommended to reduce chafing. Female students should bring an additional 3-4 pairs of cotton underwear to sleep in | \$15 – \$20 |
| 3 | Shorts | Synthetic. Comfortable to walk in. Avoid swimsuits or board shorts | \$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 |
| 2 | Long Underwear Bottom | Mid-weight synthetic | \$20 – \$30 |
| 1 | Fleece Pants | 200 weight fleece pants or expedition-weight long underwear bottoms | \$30 – \$75 |
| 1 | Hiking Pants | Lightweight nylon or softshell pants. | \$25 – \$75 |
| 1 | Rain Pants | Often referred to as “hard shell.” Must be 100% waterproof (not water-resistant). Waterproof and breathable fabrics are required. 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 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. | \$5 |
| 1 | Bug Head Net | Netting worn over the head to keep the bugs away. (Spring & Summer courses only) | \$10 |
| 3 | Face Mask | Please bring at least 2 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 | Neoprene Paddling Gloves | Optional. Keep your hands warm in cold & wet conditions | \$25 |
| 1 | Sarong | A large cotton is needed 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 |
| | | | |
| 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 |
| 2-3 | Toothbrush & Toothpaste | Travel-sized toothpaste | \$3 |
| 2 | Hand sanitizer | Alcohol based, 60%+ alcohol, 3oz-5oz | \$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 | n/a |
| 1 | Bug Repellent | Smallest available; no aerosol (Spring & Summer courses only) | \$3 |
| 2-3 | Lip Balm | SPF 20+ | \$3 |
| 3 | Sunscreen | Small tube, water/sweat-resistant, SPF 30+; no aerosol | \$5 |
| 1 | Baby wipes | Optional. Smallest available. | |
| 1 | Ear Plugs | Optional. | |
| | | | |



| WFR / Practicum Items | | | |
|--|----------------------------------|---|-----------------|
| Number | Item | Description | Estimated price |
| 5-7 | Street Clothes | Cotton is OK here! Clothes to wear indoors during WFR classes and outdoors during simulations if the weather is nice. Bring clothes that you are willing to get dirty. For fall course, bring a few more warm layers of street clothes. | n/a |
| 1 | Notebook, Pens, Highlighters | For taking notes during the WFR. A few different color pens can be helpful. | n/a |
| 1 | Chacos or Tevas | Optional. Nice to let your feet air out between course sections and during the WFR. Must have a heel strap | \$50 – \$100 |
| 2 | Cutttable short-sleeved t-shirts | These will be completely destroyed during the WFR. Cotton crewneck t-shirt is best. Find cheap options at a Goodwill or thrift store. | \$10 |
| 2 | Cutttable long-sleeve shirts | These will be completely destroyed during the WFR. Find cheap options at a Goodwill or thrift store. | Less than \$10 |
| 2 | Cutttable long pants | These will be completely destroyed during the WFR. Find cheap options at a Goodwill or thrift store. | Less than \$10 |
| 1 | Additional Toiletries | A small bath towel for showers and any toiletries that you would like during the WFR section such as deodorant, shampoo, moisturizer, baby powder, etc. | n/a |
| <p>***If you would like to purchase the NW Outward Bound Toiletry Kit, choose the Toiletry Kit option when <u>paying online</u> 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 NW Outward Bound School’s contact phone numbers in case of a travel delay | n/a |
| 1 | Travel Money | \$100-\$150 for Student Store, for 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 | \$100 |
| 1 | Camping Chair | Optional. Light-weight camping chair. See REI and/or “Crazy Creek.” Weight is apx. 1lb. 10-oz. | |
| n/a | Coffee and coffee-making device | Optional. Coffee is provided during the WFR only. If you would like coffee on the other sections, you will need to bring it for yourself. Examples: instant coffee packets; | |



| | | | |
|-----|--------------------------|--|--|
| | | ground coffee and a small strainer (like the MSR Coffee Mate). This cannot be bulky. Hot water will be provided. | |
| 1 | Lightweight Mug with Lid | Optional. These are provided by Outward Bound. If you already have your own, however, we invite you to bring it. | |
| n/a | Supplemental snacks | Optional. Snacks and all food are provided. If you would like supplemental snacks, please bring in small, light quantities packaged in ziplock for 3 or 4 different sections of course. Should not be too bulky or heavy. There may be opportunities to restock these throughout course. | |

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.



FOOTWEAR: WHAT KIND OF FOOTWEAR DO YOU NEED?

Mountaineering Boots



Mountaineering boots are relatively stiff and fully waterproof (leather boots will need to be made waterproof with snowseal or a similar waterproofing product). They DO NOT need to be crampon compatible. Through the use of state-of-the-art materials, it is now possible to purchase a boot that is at once relatively lightweight, comfortable, supportive, and weatherproof and requires only a moderate break-in period. Boots must be either full-grained leather or have a full waterproof-breathable Gore-Tex liner. These boots are designed for carrying a heavy pack off-trail in difficult conditions.

Examples include:

- La Sportiva Karakorum
- La Sportiva Trango S EVO
- La Sportiva Glacier WLF
- La Sportiva Pamir
- Salewa Rapace GTX
- Scarpa Charmoz GTX
- Lowa Vajolet

About Boots

There is no single piece of equipment that will make a bigger difference in keeping you comfortable on course than boots. The single-most important factor in choosing a boot is the fit. They won't feel like your old, broken-in running shoes or your flip-flops, but they should be comfortable! Here are some general things to keep in mind:

- Do not buy hunting, jungle or work boots – they simply won't stand up to the rigors of course. Purchase only boots specifically designed for backpacking or mountaineering (depending on your course)
- Try to buy your boots from a store that specializes in outdoor sports, and find a knowledgeable salesperson to help you with your decision
- If you have any questions, or want to know if a boot not listed here is appropriate, please contact your course advisor

Finding the Right Fit

A quality store that sells mountaineering or backpacking gear is the best place to start. Try on a variety of boots from various manufacturers – each company's boots fit differently. Some advice:

- Wear the sock system (liner socks + hiking socks) that you intend to wear on course
- Try boots on later in the day, as your feet tend to be largest at that time
- When trying on boots, make sure to walk around a lot – uphill, downhill, on edges
- Your boots should fit comfortably, but not be so big that your feet are swimming and not so small that your toes slam into the front of the boot when walking downhill
- If your boots do not have a waterproof liner, make certain to purchase waterproofing and treat your boots before you come to course
- Consider purchasing an aftermarket insole, such as Superfeet. These may help with boot comfort and support, depending on your individual foot
- Once you've purchased your boots, wear them! Taking the time to break them in before course is **critical** to your comfort and success on course

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