



OUTWARD BOUND CALIFORNIA

Packing List – What to pack for course

Yosemite, Joshua Tree & San Francisco Outdoor Educator – 65 days

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

Autumn weather in the **High Sierra** can range from warm sunny weather to thunderstorms, hail and even snow. The temperatures average in the 60s (Fahrenheit) with potential highs in the 80s and lows around freezing. Expect mosquitoes to be mild by the fall. 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.

As a desert ecosystem, **Joshua Tree** is mostly dry with variable temperatures. Elevations range between 2,000 to 5,000 feet and Joshua Tree does receive occasional rain and even snow at times. Although rain is rare in Joshua Tree, when it does rain, it pours! During the fall months average daytime highs are 65-80 degrees Fahrenheit in the sun with nighttime temperatures 40-50s. However, due to the desert wind, it can feel 10-15 degrees colder than the temperature suggests. Additionally, temperature changes of 40 degrees within 24 hours are common.

Weather on the **Northern California** coast can vary. Summer weather may be chilly and foggy in the mornings and evenings and sunny and warm in the middle of the day. Nighttime temperatures range from 40s-60s Fahrenheit and daytime temperatures range from 60s-80s with occasional rain. Sometimes the fog lingers, meaning that San Francisco can often be cool and overcast throughout the day, even in July.

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, insurance card copy, 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



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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.
- 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

On this course, there will be opportunities to resupply 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.

**This 65-Day Course is scheduled to have 8 resupplies, roughly one every 7-10 days.

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 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 Guide on the website** 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
3-4	Base Layer: Short-Sleeved Synthetic T-Shirt	Worn daily, sweat wicking and for warmth. 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	
2	Base Layer: Long-Sleeved Synthetic Shirt / Base Layer	Same as the short sleeve description, except long sleeve is worn for colder days.	\$20 - \$60	
1	Mid-Layer Lightweight Fleece Top	Polyester 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. Wool is also appropriate.	\$30 - \$75	
1-2	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	
2-3	Sports Bra	Should have the proper support for athletic activity. Can be worn as a swim top with quick drying shorts if a swimsuit is required. 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
1-2	Base Layer - Synthetic Long Underwear	Mid-weight polypropylene or wool long underwear. They are worn next to your skin to wick moisture away. No cotton or cotton blends.	\$15 - \$50	



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1-2	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	
4+	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 so dries more quickly than down 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, you could 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	Balaclava or Neck Gaitor	Fleece, polyester, and wool all appropriate.	\$10-20	
1	Sun Hat	Should have a good 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	
1pr	Midweight Gloves	Usually made from fleece, wool, or synthetic materials.	\$10 - \$30	

FEET

Quantity	Item	Description	Price Range	Check List
3+	Synthetic Liner Socks	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. These are OPTIONAL.	\$5 - \$9	
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	Backpacking Boots	See your Boot Guide for more information. This course usually has some snow, so the backpacking boot is preferred, see the Boot Guide for more info.	\$120+	



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1 pr	Rock Climbing Shoes	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 - \$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 that typically 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	A “hands free” LED headlamp. No flashlights. Bring one set of batteries per week of your course.	\$15 - \$35	
1	Watch w/ Alarm	Should be inexpensive, durable, & waterproof. This is OPTIONAL. Some instructors may request that you leave your watch behind.	\$10 - \$50	
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	

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. Women ok to bring baby wipes (1-2 per day).		
4	Small Bottle of Sunscreen	Waterproof, SPF 30 or greater. One 3-6oz bottle per week of your course. Avoid large bulk bottles and sprays.		
2+	Lip Balm	15+ SPF or greater		
3-4	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. OBCA will provide bug repellents to students, as needed. Please reference the Vector-borne document for more information.		
	Paper, postage stamps, envelopes	You will have an opportunity to send letters out during resupply to be mailed home. Instructors will NOT have extra envelopes or stamps so make sure to bring plenty!		



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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 back up (i.e. second set of glasses 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.		
2 Month Supply	Feminine Supplies	Bring a two month supply as changes in diet, altitude, & fitness level can unexpectedly induce menstruation. Instructors have only minimal supplies on hand to lend to participants and may not have your preferred brand or type (pads vs. tampons, for example).		

MISCELLANEOUS (FOR TRAVEL TO & FROM COURSE)

Quantity	Item	Description	Price Range	Check List
-	\$100 - \$150 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. Semester courses sometimes have town days where students find they want some money to spend. Participants will also be asked to pay for any borrowed gear that gets lost or damaged and pay for any rentals of required items. You will also have the opportunity to purchase a selection of Outward Bound gear at the end of your course.		
2+	Clean Clothes	This set of clothes is to travel home in and also for your Town Day.	Bring from home	
1	Towel	Please bring a towel for showering	Bring from home	

Wilderness First Responders Supplies

Quantity	Item	Description	Price Range	Check List
2 sets	Scenario clothes (t-shirts, pants)	For the WFR course you will need two sets of clothes that will be used for scenarios. These clothes will get torn, cut, and stained. They will likely be disposed of after the WFR course. Goodwill is a great source for these items.	\$10-\$20	

Optional Items: These are NOT required. Please only buy them if you plan to use again after your course or think they will be of great assistance to you while on course.

Quantity	Item	Description	Price Range	Check List
1	Hydration System (Optional)	CamelBak or Platypus are good brands. Only the reservoir/"bladder" is required not the hydration backpack itself. Must be at least 2 Liter capacity.	\$20-\$40	



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1	Small Journal or Sketchbook & Pen (Optional)	Outward Bound provides small journals, since there will be lots of opportunities, you may wish to bring an additional lightweight, paperback journal or sketchbook and your favorite pens.		
1	Camera (Optional)	Disposable cameras are great! Regular digital cameras are also fine, but you will have to take some extra precautions to keep out moisture, dirt and sand. You will not be able to charge your camera battery during course.		

URBAN & PRACTICUM SECTION

Quantity	Item	Description	Price Range	Check List
2+	Cotton T-shirts and/or Tank tops	Ok to use your Town Clothes during the Urban section. You'll have the opportunity to do laundry during your Town Day.	Bring from home	
1-2 pr	Jeans or Pants	Ok to use your Town Clothes during the Urban section. You'll have the opportunity to do laundry during your Town Day.	Bring from home	
1	Sweatshirts or other warm jacket	You can also use your fleece jacket on the urban section of the course.	Bring from home	