



OUTWARD BOUND CALIFORNIA

Packing List – What to pack for your course

High Sierra & Yosemite Courses

Overview

Wilderness travel means you 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, so this packing list applies to all OBCA courses. **Please bring ALL required items.** Optional items are marked. You are welcome to bring extras of items marked with a (+) sign, but **do not bring extras except where this is noted.**

Weather

Summer weather in the High Sierra ranges from sunny days to cool and chilly nights. Occasional rain and thunderstorms happen, though are rare. Average high temperatures are in the high 70s (Fahrenheit) and lows can be around freezing. Early season courses may see snow on the ground, and fall brings colder temperatures. Mosquitoes are their worst in late June and early July. Due to the Sierra's very low humidity and high elevation, the effects of the sun are extreme. Please check your medications in case sun sensitivity is a side effect. Proper sun protection is of utmost importance.

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, your instructors will help you select the best combination of items based on weather and route. Any items your instructors ask you not to bring will 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 Traveling

We recommend you wear course clothing and boots while traveling and bring all essentials (prescription meds and cash) in a carry-on. This will minimize inconvenience in the unlikely event your luggage is delayed in transport. Being dressed for course will also further the efficiency on your first day, as private changing areas may not be available.

What Outward Bound Provides

Outward Bound California provides all equipment including: sleeping bags, sleeping pads, tarp for sleeping, backpacks, cooking gear, food and emergency supplies. Emergency supplies include all common OTC medications like anti-inflammatories (Tylenol, Advil), stomach medications and antihistamines. Group gear will be divided and carried by all members.



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Using Your Personal Gear

OBCA will supply these items, but if you prefer to bring your own we have minimum standards for what may be acceptable. If equipment doesn't meet the standards, it will be stored in a locked secure location.

- 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.
- Backpacks: Need to have a minimum capacity of 70 Liters (4,272 cubic inches) and able to carry 45-60 pounds 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 (no down fill). June and September/October courses require a 0°F warmth rating. July/August courses should have 15-20°F rating.

Resupply

Depending on course length, there may be opportunities to resupply rather than carry every item for the entirety of course. The packing list already includes quantities to resupply, no need to pack additional items. Common items exchanged on a front-country 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 be limited to food and letters (no packages) for weight restrictions. Mail will come in and go out during this time for either option. The website has more info on sending/receiving mail.

Courses less than 14 Days: No resupply.

14-Day Course: 1 resupply, roughly half way through course.

22-Day Course: 2 resupplies, roughly every week.

30-Day Course: 3 resupplies, roughly every 9 days.

Items Not Allowed

- Electronics – cell phones, iPods, etc. These may be brought on the plane or bus but will be stored at base before going into the field.
- Deodorant, makeup, shampoo, conditioner, soap, perfume or cologne, etc.
- Illegal drugs, marijuana, CBD products, alcohol, tobacco products or vape pens of any kind.
- Any prescription drugs not cleared by the Student Services department during the screening process.
- Weapons of any kind, including pocket knives and multi-tools.

Please refer to the **Equipment Cheat Sheet and Boot Guide linked in your Applicant Portal** 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.

Packing list continues on the following pages...



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ITEMS PROVIDED BY OUTWARD BOUND

You do not need to purchase the following:

Quantity	Item	Description/Comments	Price Range	Check List
1	Sleeping Bag	If you wish to bring your own, see the Personal Gear section above for OBCA's requirements.		✓
1	Sleeping Pad			✓
1	Backpack			✓
Group Gear		Tarps, Cooking Gear, Food, Emergency supplies including OTC medications like anti-inflammatories (Tylenol, Advil), stomach medications and antihistamines. The group gear will be divided and carried by all members.		✓

ITEMS PROVIDED BY THE PARTICIPANT

You do need to bring the following:

TOPS

Quantity	Item	Description/Comments	Price Range	Check List
2-4	Base Layer: Short-Sleeve Synthetic T-Shirt	Worn daily, sweat wicking and for hiking. Often more layers are worn on top. For more sun protection, a long-sleeved sun-shirt can be worn instead. At least 1 shirt should <u>not</u> be cotton or cotton-blend.	\$15 - \$40 each	
2	Base Layer: Long-Sleeve Long Underwear Top	Midweight polypropylene or wool long underwear top. Worn next to your skin for warmth. No cotton or cotton blends.	\$20 - \$60	
1	Mid-Layer: Lightweight Fleece Top	Polyester or wool 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.	\$30 - \$75	
2	Long Sleeved Sun Shirt or Sun Hoodie	Loose, lightweight, and light-colored for sun protection. Our instructors often wear old button-down dress shirts from thrift stores since these get very dirty with daily use. Cotton is OK. Hoods are great!	\$2 - \$15	
2+	Sports Bra	Should have the proper support for athletic activity. Can be worn as a swim top with quick drying shorts. You do not need to bring a swimsuit if you plan on using this combination.	\$12 - \$30	

BOTTOMS

Quantity	Item	Description/Comments	Price Range	Check List
2	Base Layer: Synthetic Long Underwear	Mid-weight polypropylene or wool long underwear bottoms. They are worn next to your skin for warmth. No cotton or cotton blends.	\$15 - \$50	
1-2	Quick-Dry Shorts	Lightweight nylon fabric dries quickly. Not needed if bringing convertible pants. No cotton or cotton blends. These will double as swimwear unless you bring swim bottoms.	\$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	



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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	
3+	Underwear	Cotton is okay for underwear, especially if you are prone to urinary tract infections.	Bring from home	
OUTER LAYERS				
These items will need to fit over ALL layers listed above.				
Quantity	Item	Description/Comments	Price Range	Check List
1	Mid-Weight Synthetic Insulated "Puffy" Jacket	Water-resistant, dries quickly, and retains some heat when damp. This jacket needs to fit under your rain jacket, and should have a hood. Recommend 60+g/m fill weight. If you don't want to buy a synthetic jacket, substitute with a heavy 300-weight fleece jacket. No down.	\$50 - \$150	
1	Rain Jacket with hood	All rainwear must be 100% waterproof, not water resistant! "Breathable" fabrics like Gore-Tex are highly recommended.	\$75+	
1	Rain Pants	All rainwear must be 100% waterproof, not water resistant! "Breathable" fabrics like Gore-Tex are highly recommended.	\$25+	
HEAD & HANDS				
Quantity	Item	Description/Comments	Price Range	Check List
1	Warm Hat	Fleece, polyester, and wool are all appropriate. Should cover ears or have ear flaps. No cotton.	\$5 - \$15	
1	Sun Hat	Should have a brim to cover your face, for added protection use one with a brim all the way around. Should be made out of softer materials so it can get folded up easily if needed. Baseball caps are fine.	Bring from home	
1	Liner or Lightweight Gloves	Usually made from fleece, wool, or synthetic materials. Mittens are also acceptable.	\$10 - \$30	
1	Balaclava, Buff, or Neck Gaiter (Optional)	Fleece, polyester, and wool are all appropriate. Highly recommended for September/Fall courses.	\$10 - \$20	
FEET				
Quantity	Item	Description/Comments	Price Range	Check List
2-3	Synthetic Liner Socks (Highly recommended)	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/ankle height. No cotton.	\$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	Hiking Boots	See the Boot Guide for more information.	\$120+	
1 pr	Camp Shoes	Camp shoes need to be closed-toe, secure, lightweight, and quick drying. Typically worn around camp to give your feet a break after wearing hiking boots all day, and are occasionally used to cross flowing water. Examples: minimalist shoes, Crocs with heel strap, Toms, or mesh water shoes.	Bring from home	



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1 pr	Running Shoes	Most courses have a Personal Challenge Event at course end that often involves running, so sturdy running shoes are preferred to fashion or skateboarding type sneakers. Can double as your Camp Shoe.	Bring from home	
1 pr	Rock Climbing Shoes (optional)	ROCK CLIMBING COURSES ONLY! Please check your course information! OBCA has rock climbing shoes, but sizing is limited. 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. If you opt to bring your own, it is helpful to get advice from customer service to find the right size.	\$60 - \$140	
PERSONAL ITEMS				
Quantity	Item	Description/Comments	Price Range	Check List
1 pr	Sunglasses with Keeper Strap	Bring an eyewear retainer with them, such as Croakies or Chums. Essential to protect your eyes in a sunny environment!	\$55	
1	Headlamp & Batteries	Hands-free LED headlamp. No flashlights. Bring one set of batteries per week of your course.	\$15 - \$35	
2-3+	Fabric Face Masks	An acceptable mask must be able to cover the wearer's nose and chin and fit snugly against the side of the face. The mask should be secured with ties or ear loops and include multiple layers of fabric. Recommended: N95/KN95/KF94 for travel to reduce risk while indoors. Not accepted: Masks with exhalation valves or vents, bandanas, or buffs.	Bring from home	
2	Cotton Bandanas	Great as a washcloth and for hygiene. Not to be used for face coverings.	Bring from home	
2	1-Liter (32oz) Plastic Water Bottles	Wide-mouthed and durable. Nalgene, Sigg, and Klean Kanteen are good brand names. Powerade bottles are okay, but please bring a few spare lids. Must be 1 Liter (32oz) in size.	\$1 - \$15 each	
1	Reusable Mug (Optional)	Nice to have for warm drinks.	\$3 - \$15	
1	Inflatable Sleeping Pad (Optional)	When used with the OB provided foam pad, an inflatable pad can provide extra warmth on cold, snowy, and/or wet courses. Lighter is better and we recommend a pad that is 1 pound or lighter, 1.5 pounds max. Getting a "short" length can help minimize weight.	\$80 - \$200	
TOILETRIES				
Quantity	Item	Description/Comments	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. Okay to bring baby wipes (1-2 per day).		
1	Small Bottle of Sunscreen	Waterproof, SPF 30 or greater. One 3-6oz bottle per week of your course. Avoid large bulk bottles, no sprays.		
1	Hand Sanitizer	One bottle of 1-3 oz, for personal use. Gel or liquid is fine.		
1	Lip Balm with SPF	15+ SPF or greater		



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1	Small Bottle of Bug Repellant (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.		
2-3	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 a second set of glasses or contacts in case the 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, and solution can freeze overnight.		
	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, Epi-Pens, and as-needed medications.		
1 Week Supply	Menstrual Supplies	Bring at least a week's worth of supplies as changes in diet, altitude & fitness level can unexpectedly induce menstruation. Instructors have only minimal supplies on hand for participants, and may not have your preferred brand or type. Review the Personal Care Information on the website for more tips and information.		

MISCELLANEOUS

Quantity	Item	Description/Comments	Price Range	Check List
\$40 - \$50	Cash, plus a debit or credit card	The first day is often long. Have cash to buy snacks along the way, or bring food with you. Participants will also be asked to pay for any borrowed gear that gets lost or damaged. You will have the opportunity to purchase a selection of Outward Bound logo'd gear at the end of your course.	\$40 - \$50+	
1 set	Clean Clothes	This set of clothes is to travel home in.	Bring from home	
1	Towel	Please bring a towel for showering at the end of course. Cotton is ok.	Bring from home	

OPTIONAL ITEMS

These are not required, but many students enjoy having them.

Quantity	Item	Description/Comments	Price Range	Check List
1	Small Journal or Sketchbook & Pen	Outward Bound provides small journals but if you're a big writer you may wish to bring an additional lightweight, paperback journal or sketchbook and your favorite pen.		
1 set	Trekking Poles	We provide some, but you're welcome to bring your own if desired.		
1	Camera	Digital cameras will require some extra attention to keep out moisture, dirt, and sand. You will not be able to charge a camera battery during course. There is a shared course camera. After course, 50-70 images are uploaded to Facebook and participants will be notified via email.		



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1	Watch with alarm	Should be inexpensive, durable, and waterproof. Some instructors may request that you leave your watch behind.		
	Paper, postage stamps, envelopes	You will have an opportunity to write letters. Instructors will not have extra envelopes or stamps so make sure to bring plenty.		

HIGH SNOW YEAR

Your course advisor will let you know if it is looking to be a high snow year. We typically do not know this until mid to late spring. If it is a high snow year, please add the following to your packing list. Items required unless marked optional:

Quantity	Item	Description/Comments	Price Range	Check List
1 pr	Additional pair of gloves/mittens	Your day pair will likely get wet, and it's nice to have a dry pair at night.	\$10 - \$30	
1	Balaclava, Buff, or Neck Gaiter	For additional warmth	\$10 - \$20	
1	Camp shoes	Use sneakers instead of the lighter-weight options	Bring from home	
1 pr	Backpacking boots	Instead of hiking boots (see the Boot Guide for more information)		
1 pr	Down booties (optional)	Many staff and students like having these to wear around camp and keep their feet extra warm.		
1	Inflatable sleeping pad (optional)	When used with the OB-provided foam pad, an inflatable pad can provide extra warmth on cold, snowy, and/or wet courses. Lighter is better and we recommend a pad that is 1 pound or lighter, 1.5 pounds max. Getting a "short" length can help minimize weight.	\$80 - \$200	