

**WBO Required Personal Equipment List
Backpacking**

Please Bring the Following:

Call 970.943.2290 with ANY questions or concerns.

Item:	Quantity:	Type:
Base Layers		
➤ Underwear	3 pairs	Synthetic material
➤ Sport Bra	1 each	If applicable
➤ Liner Socks	3 pairs	Wool/ silk/ polypropylene etc. (no cotton, recommended for blisters)
➤ Outer Socks	3 pairs	Heavy wool or polypropylene (no cotton)
➤ Long Underwear	1 top, 1 bottom	Light or medium weight synthetic
➤ Shorts	1 pair	Synthetic quick-drying material preferred
➤ T-shirts	1 each	Cotton OK
Outer Layers		
➤ Rain Jacket	1 each	Must be waterproof. Gore-Tex or similar OK
➤ Rain/wind Pants	1 pair	Heavy weight nylon. Gore-Tex or similar OK
➤ Long Pants	1 each	Nylon/Pile/ wool/ fleece material only (no cotton)
➤ Warm Insulating Jacket	1 each	Synthetic/ wool/ fleece or “puffy” (no cotton hoodies)
➤ Warm Ski Hat	1 each	Fleece/Wool
➤ Sun Hat	1 each	Baseball cap, visor or full brim OK
➤ Bandanas or Buffs	2 each	Standard style. For head gear or wash cloth
➤ Gloves	1 pair	Wool/ Synthetic/ fleece
Footwear		
➤ Boots	1 pair	<u>Broken-in</u> , waterproof, leather or synthetic hiking boots
➤ Sneakers	1 pair	Camp shoes (NO SANDALS!)
Outdoor Gear		
➤ Sleeping bag and pad	1 each	Synthetic bag rated to 10 F. Pad can be $\frac{3}{4}$ length (Inflatable and or Foam)
➤ Backpack	1 each	Internal frame pack min. 70 Liters
➤ Backpack Cover	1 each	Waterproof (Compactor Bag, Trash Bag can work)
Personal		
➤ Cup, Bowl and Spoon	1 each	Plastic travel style used for all meals
➤ Toiletries	1 each	Basics only. Toothbrush, toothpaste, feminine hygiene.
➤ Sunscreen & lip balm	1 each	15 SPF minimum
➤ Sunglasses	1 each	With leash (crookies)
➤ Water Bottles	2 each	1 liter “Nalgene” or similar durable plastic
➤ Headlamp	1 each	Any style OK
➤ Pocket knife	1 each	Small “Swiss Army” or “Leatherman” styles OK
➤ Prescription Meds	2 each	Bring extra medication if it gets wet or lost
➤ Additional Snacks		We will provide food, but we encourage people with higher calorie intake to bring additional snacks

All technical equipment, group gear (tents, stoves, etc) and food will be provided by Wilderness Based Orientation