

**WBO Required Personal Equipment List  
Multi-Sport Adventure**

**Please Bring the Following:**

<b>Item:</b>	<b>Quantity:</b>	<b>Type:</b>
<b>Base Layers</b>		
➤ Underwear	4-6 pairs	Synthetic material
➤ Sport Bra	1 each	If applicable
➤ Outer Socks	4-6 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	2-3 each	Cotton OK, Sun hoodies encouraged
➤ Wet Shorts	1 each	Quick dry shorts and jog bra ok for women" OK
<b>Outer Layers</b>		
➤ Rain Jacket	1 each	Must be waterproof! Gore-Tex or similar OK
➤ Rain/wind Pants	1 pair	Heavy weight nylon
➤ Long Pants	1 each	Synthetic/ wool/ fleece material only (no cotton)
➤ Jacket	1 each	Synthetic/ wool/ fleece
➤ Warm Ski Hat	1 each	Synthetic/Wool
➤ Sun Hat	1 each	Baseball cap, visor or full brim OK
➤ Bandanas	2 each	Standard style. For head gear or wash cloth
➤ Gloves	1 pair	Wool/ Synthetic/ fleece
<b>Footwear</b>		
➤ Boots	1 pair	<b>Broken-in</b> , waterproof, leather hiking boots
➤ Sneakers	1 pair	Camp shoes , NO SANDALS/FLIP FLOPS!
<b>Outdoor Gear</b>		
➤ Sleeping bag and pad	1 each	Synthetic bag rated to 10 F. Pad can be ¾ length
➤ Day Pack	1 each	For day-use to carry personal items 20-35 Liters
➤ Duffle bag	1 each	Large enough to fit all personal items
➤ Camp Chair	1 each	Optional
<b>Personal</b>		
➤ 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 (croakies)
➤ 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
➤ Extra Snacks	1 each	Encouraged for individuals with higher calorie intake

**All technical equipment and group gear will be provided by  
Wilderness Based Orientation**