

Western Colorado University - Wilderness Based Orientation

**WBO Required Personal Equipment List
Whitewater Kayaking**

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	2-3 each	If applicable
➤ Liner Socks	3 pairs	Wool/ silk/ polypropylene etc. (no cotton, Prevents Blisters)
➤ Outer Socks	3 pairs	Heavy wool or polypropylene (no cotton)
➤ Long Underwear	2 tops, 2 bottoms	Light or medium weight synthetic (will get wet- consider an extra set for camp)
➤ Shorts	1 pair	Synthetic quick-drying material preferred
➤ Swimsuit	1 suit	May use quick-drying shorts and sports bra (Bikinis not recommended)
➤ T-shirts	2 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
➤ Hiking Long Pants	1 each	Synthetic/ wool/ fleece material only (no cotton)
➤ Insulating Jacket	1 each	Synthetic/ wool/ fleece (No Cotton Hoodies)
➤ 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
Footwear		
➤ Sandals	1 pair	Sandals with heel strap. No flip flops on the water!
➤ Sneakers	1 pair	Closed toe hiking/ camp shoes
Outdoor Gear		
➤ Sleeping bag and pad	1 each	Synthetic bag rated to 30 F. Pad can be ¾ length
➤ Backpack	1 each	15-30 Liters for day hikes
➤ Duffle bag	1 each	Large enough to fit all personal items
➤ Camp Chair	1 each	Optional
Personal		
➤ Cup, Bowl and Spoon	1 each	Plastic travel style used for all meals
➤ Toiletries	1 each	Basics only. Toothbrush, toothpaste, feminine hygiene.15
➤ Sunscreen & lip balm	1 each	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

**All technical equipment, including your kayak, and group gear will be provided by
Wilderness Based Orientation**

All WBO programs are DRUG, ALCOHOL & TOBACCO FREE