

Western Colorado University - Wilderness Based Orientation

**WBO Required Personal Equipment List
Mountaineering**

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, optional)
➤ 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
➤ Hiking Long Pants	1 each	Synthetic/wool/ fleece material only (no cotton)
➤ Insulated 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
Footwear		
➤ Boots	1 pair	<u>Broken-in</u> , waterproof, leather 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
➤ Backpack	1 each	Internal frame pack min. 70 Liters
➤ Backpack Cover	1 each	Waterproof
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 (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
Optional		
➤ Climbing equipment	1 each	Harness, rock shoes, helmet, belay device and 2 locking carabiners

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

All WBO programs are DRUG, ALCOHOL & TOBACCO FREE