



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BOLD & GOLD

OUTDOOR LEADERSHIP DEVELOPMENT

Summer Wilderness Expedition Packing List

SAFETY

You will be living outside, so having the right clothing is important for your comfort and safety. There could be **rain, snow, hot sun, or strong winds** on your course. Our clothing list reflects the importance of the “layering” principle. Dressing in several light layers rather than one heavy layer allows you more flexibility as the weather and workloads change. Please review this checklist carefully and make sure you have all the required items. There is extremely limited space in the minibus and in your backpacks, so **please bring only what is on this list.**

SAVING MONEY

You do not need to buy all gear at camping stores or specialty stores. You can find many of these items at discount outdoor stores like Second Ascent in Ballard, or at thrift stores such as Goodwill. If you do not have any item on the list and wish to borrow from BOLD/GOLD, please complete and return the **Gear Checkout/Request Form (pg. 4)**. **BOLD/GOLD has sleeping bags, sleeping pads and backpacks, as well as limited quantities of clothing and the other required personal items, to loan to all students for no additional fee.**

GROUP GEAR

BOLD/GOLD will provide all group camping gear – see pg. 3. There is no need to pack any of this prior to your trip.

LONGER EXPEDITIONS

During our longer 2–3-week expedition there **may** be opportunities to exchange clothing items marked with a “**(+)**” in the packing list – eg underwear, socks and t-shirts. Exchanges **may** take place during re-supply when a support staff will meet your expedition at a set location and provide more food and equipment, as necessary.

GEAR CHECK

We will check your gear before we depart to make sure you have everything you need and nothing you do not. We may ask you to leave something behind to be stored securely in our office if we think it will be unnecessary or inappropriate.

MEDICINES

If you are on any medication, prescribed or over the counter, we need to know about it. Please indicate it on your medical form. Any medication must be approved before your course begins. If it is approved, **make sure to bring double the amount you need in separate waterproof, non-breakable**

containers with dosage instructions. If you use an inhaler, please bring an extra in case one is lost or broken. Instructors will keep all medications with them. **If you need epinephrine, please bring a kit with you.**

ALCOHOL/DRUGS/CIGARETTES

No alcohol, drugs, or cigarettes are allowed during any time of our course. If such items are found in a student's possession, it will be grounds for expulsion and immediate evacuation from course at the family's expense.

WHY NO COTTON?

Cotton is not a good fabric for the outdoors because it **will not keep you warm** when it gets wet, and it takes an exceptionally long time to dry. Also, avoid any blends with cotton. **PLEASE CHECK YOUR TAGS! Wool, fleece (aka pile), capilene, and polypropylene (100% polyester) are good fabrics for the outdoors!**

Note: Only tee-shirts, underwear, and bandanas should be cotton.

PACKING LIST

BOLD & GOLD has limited quantities of most of the following gear to loan for personal use at no additional fee. If you do not have something, note it on your Gear Checkout/Request Form.

HEAD

- **1 Warm Hat:** wool, fleece, or polypropylene.
- **1 Sun Hat:** baseball cap or wide-brim hat
- **1 Pair Sunglasses:** with a neck strap if possible.

UPPER BODY Upper body clothing should consist of three insulating layers that will fit comfortably over each other plus a rainproof/windproof layer.

- **2 Lightweight Long Underwear Tops:** polypropylene (100% polyester).
- **1 Warm Pullover or Sweater:** polyester, fleece, or wool.
- **1 Warm Fleece Jacket**
- **1 Waterproof Rain Jacket:** 100% waterproof, not water resistant! Must have a hood.
- **2 Short-Sleeve Tee-Shirts:** preferably synthetic but cotton is okay.
- ***GOLD SPECIFIC* - 2 Bras (if worn):** jog/sport bras are generally preferred (+)

LOWER BODY Lower body clothing should consist of two insulating layers plus a durable wind/rain layer.

- **2 Pairs Long Underwear Bottoms:** polypropylene (100% polyester).
- **1 Pair Warm Synthetic Long Pants:** fleece or wool is fine.
- **1 Pair Rain Pants:** 100% waterproof, not water resistant! Coated nylon or waterproof/breathable fabric.
- **1-2 Pairs Shorts:** Lined, nylon athletic or running shorts work great. No jean cutoffs or cotton.
- **2-4 Pairs Underwear:** cotton is okay though synthetic with cotton lining is preferred. (+)

FEET

- **2 Pairs Lightweight Liner Socks:** Polypropylene (or polyester). (+)
- **4 Pairs of Socks:** wool or synthetic. (+)

- **1 Pair Light-Medium Weight Hiking Boots:** see attached boot guide. Boots should be well broken in with solid ankle support and good treads. If you are just buying boots, make sure to do some hiking in the boots well before the trip. Also, feel free to bring them by the office if you want a staff member to ensure they are appropriate for this trip. These boots are critical to your being comfortable while backpacking.
- **1 Pair of Camp Shoes:** Lightweight sneakers or running shoes.
- **1 Pair of Sport Sandals:** Sandals need to be securely fastened (no flip flops).

MISCELLANEOUS CLOTHING

- **1 Pair Gloves:** light-weight fleece or polypropylene.
- **2-3 Bandanas:** cotton is ok.
- **1 Swimming Suit:** nylon blends are the best.

GEAR

Synthetic Sleeping Bag (+25° or warmer): no cotton-lined, down, or feather bags

- **Compression Stuff Sack:** to compress and store sleeping bag.
- **Sleeping Pad:** a three-quarter or full-length open or closed-cell foam pad.
- **Daypack/Book Backpack:** to carry your personal items for any day hiking.
- **1 Large Duffel bag:** soft-sided, no suitcases - try to bring all your gear in ONE bag!
- **1 Large Internal-Framed Backpack:** 3500-4500 cubic inches (60-75L) with adjustable straps and hip belt.

Please feel free to call us with any questions you might have about the gear. **206 587 6119**

PERSONAL ITEMS

- **2 Water Bottles:** durable plastic, wide-mouthed, at least a quart or liter each (Nalgene-type)
- **Eating utensils:** one spoon, one plastic bowl or Tupperware with lid, and one plastic mug.
- **1 Headlamp:** with extra batteries.
- **Whistle with neck strap:** string or cord for the neck strap works fine. To be always worn.
- **3-4 Heavy Duty Trash Bags:** to keep clothes and sleeping bag dry.
- **2-3 Large Ziploc freezer bags:** to waterproof items.
- **1 Small Towel:** quick-dry synthetic pack towels are ideal, but a small cotton hand towel is fine.
- **Small Journal and Pen or Pencil**
- **Toilet Kit:** toothbrush, toothpaste, comb or brush.
- **Sunscreen and Lip Balm:** SPF 15 minimum.
- **Insect repellent:** small/personal size
- **2 pr Prescription eyewear:** if necessary - do not forget your case, and saline/cleaning solution.
- **Prescription Medications/Inhaler:** Please give to instructor.
- ***GOLD SPECIFIC* - Tampons or Pads:** please see attached notes.

OPTIONAL ITEMS

- **Camera: waterproof disposables work great**
- **Watch w/ alarm!**

PLEASE DO NOT BRING

- **MP3 players; iPods or other electronic devices**

BOLD/GOLD WILL PROVIDE THE FOLLOWING GROUP GEAR:

Tents
Rock Climbing Gear
Food
Cooking Supplies
First Aid Kits
Repair Kits

Reference Books
Maps
Compasses
Water Jugs
Water Purification Drops
Safety Equipment

*if you have and wish to use your own shoes/harness, please show to instructor on your first day

- **Cell phones**
- **Pocket-knives or Hatchets**
- **Jewelry or other valuables**
- **Make-up or perfume**

GEAR CHECKOUT/REQUEST FORM

- Use the following page to make sure you have everything you need for a safe and successful adventure! **You will use this form to check what you already have and request what you would like to borrow from BOLD/GOLD. Please take the time to fill this out in advance and return by mail, email, or fax if possible!** Please also keep a copy for yourself and bring with you on your first day.

Please feel free to call us with any questions you might have about the gear. **559 476 7318**