



Colorado Rocky Mountain School

WILDERNESS ORIENTATION BACKPACKING EQUIPMENT LIST

REQUIRED ITEMS:

- Sturdy backpacking boots in good repair
- Internal frame backpack with hip belt (4000-5000 inches³ or 65-80 liters)
- Sleeping Bag w/ stuff sack, preferably fiber-filled (rated to ~/ +15 F)
- Sleeping pad (foam or air – if air, add repair kit)
- Ground tarp ~5' x 8' (preferably with grommets at corners)

- Waterproof rain jacket
- Waterproof rain pants
- Fleece Jacket (medium to heavy weight fleece)
- Fleece top or pullover (medium weight fleece, or heavy weight long underwear top)
- Fleece long pants
- Long underwear top and bottom (~Medium weight)
- T-shirts (2)
- Nylon/ synthetic shorts (1 pair)
- Underwear (2-3 pair)

- Lightweight camp shoes (closed toe shoes, no sandals or flip-flops)
- Hiking socks wool or synthetic (2 pair)
- Liner socks (2 pair or skip and add additional pair of hiking socks)
- Warm hat that covers ears (fleece or wool)
- Lightweight gloves or mittens
- Sun hat w/ visor
- Leather work gloves (for service project)

- 1-quart water bottles (2; screw top bottles are best)
- Cup (plastic insulated 12-16 oz), bowl, spoon
- Bandana
- Headlamp w/ new batteries (L.E.D. style is best)
- Small or medium sized stuff sack (1; to organize clothes/ gear)
- Toilet kit (small toothbrush, travel toothpaste, floss, moleskin)
- Sunscreen (30 SPF or greater), and Lip protection (30 SPF or greater)

- Sunglasses (w/ plastic lenses)
- Whistle with neck lanyard (simple lightweight style is best)
- Pen or pencil (2; for journal writing, journals provided by CRMS)

OPTIONAL ITEMS:

- Gaiters (to keep debris out of boots)
- Camera w/ new batteries
- Feminine hygiene items
- Prescription glasses or extra contacts (as a back-up)

*All clothing (except possibly T-shirts and underwear) should be non-cotton blends. Keep in mind that you will be carrying all of these items plus a share of group gear and food in your pack. When gathering and purchasing these items choose **quality lightweight** products whenever possible to help reduce overall pack weight.

Electronic devices are not allowed on CRMS trips (digital cameras are allowed).