



WILDERNESS ORIENTATION BACKPACKING EQUIPMENT LIST

REQUIRED ITEMS:

- Internal frame backpack with hip belt (65-80 liters)
- Sturdy backpacking boots in good repair
- Sleeping Bag w/ stuff sack, preferably fiber-filled (rated to ~/ 0° F)
- Sleeping pad (closed cell foam or air – if air, add repair kit)
- Ground tarp ~5' x 8' (preferably with grommets at corners)

- Waterproof rain jacket
- Waterproof rain pants
- Jacket (medium to heavy weight down or synthetic - packable)
- Fleece top or pullover
- 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, crocs, 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 (synthetic)
- Sun hat w/ visor
- Work gloves (for service project)

- Plastic 1-quart water bottles (2; screw top bottles are best)
- Cup (plastic insulated 12-16 oz), bowl, spoon or spork
- 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).

COLORADO ROCKY MOUNTAIN SCHOOL

WHAT DO I NEED TO BRING TO BE PREPARED FOR OUTDOOR TRIPS?

Most of the items you'll need are available through the CRMS Bookstore (excluding packs and sleeping bags) or a good mountaineering shop. Roaring Fork Valley residents are encouraged to visit REI Co-op in Glenwood Springs (970-456-4824), or Bristlecone Mountain Sports in Basalt (970-927-1492); they are knowledgeable about the gear and equipment necessary for CRMS trips. Out-of-town folks are encouraged to visit their local mountaineering shops; in the absence of such a shop, we recommend Recreational Equipment Incorporated (REI.com). Items are available to purchase from the CRMS bookstore.

NOTE: Please make an effort to label all of your student's gear to facilitate keeping track of your investment. Each year lots of unlabeled gear ends up in our Lost & Found; unlabeled gear is much more difficult to return to its owners.

We have created the Equipment List for CRMS Outdoor Orientation to identify the essential gear and equipment students will need. If you have additional personal items that you wish to bring that are not on the equipment list, please discuss them with your trip leader. Often these "extra" items add up to significant additional weight and bulk and are ultimately unnecessary.

The following items (Clothing and Fabrics, backpack, and sleeping bag) are super important:

- **CLOTHING AND FABRICS:** In an outdoor environment, wearing layers of synthetic fabrics works best and allows flexibility to remain comfortable in a wide range of weather conditions. Several layers of light clothing keep you warm and can be adjusted to changes in weather and/or activity. For example, wearing a synthetic long underwear long-sleeved shirt, and a fleece top allows you to adapt to changing conditions by adding or removing layers as conditions or exertion change. Aim to bring activewear made from wicking and quick-drying fabrics. Merino wool has the added benefit of having natural odor resistance qualities. When possible avoid bringing cotton fabrics as they lose insulative qualities when wet, dry slowly, and absorb moisture making them heavy.
- **INTERNAL FRAME BACKPACK (for Backpacking trips):** You will need an Internal-frame backpack with a capacity of 4,000 to 5,000 cubic inches (65- 80 liters) that is designed for on-and off-trail backpacking. The smaller end of the capacity range is only appropriate for smaller students, a 70 or 75 liter capacity backpack will work for all students and 80 liters is also appropriate and will allow your student to pursue even longer backpacking outings in the future. It is important to get the right size shoulder harness and waist straps to match your body size. Purchase a pack from a mountain sports store that takes the time to help customize the fit. Borrowing a pack can work, but you must ensure that the pack fits and is adjusted properly. CRMS has a limited

number of quality packs to rent at \$5/day. For sizing questions and availability, please contact the CRMS Bookstore at: bookstore@crms.org. If purchasing a new pack, expect to spend \$150-250+ for a quality backpack. Ideally your backpack includes an integrated convertible waist or day pack (if it does not you will need to bring a small lightweight day pack or rucksack for day outings).

- **SLEEPING BAG:** Synthetic bags are less expensive than down, are warm even when wet, and dry quickly. While they are bulkier and slightly heavier than down for the same warmth, synthetic bags are the best option for use at CRMS. If you already own a down bag, know that you will need to take extra care to keep it dry at all times to ensure it will keep you warm. A “three-season sleeping bag” should have a suitable temperature rating to approximately 0° Fahrenheit. Expect to spend \$100-250+ for a quality sleeping bag.

Additional information on some of the other outdoor trip equipment items you may find helpful:

- **SLEEPING PAD:** The most simple and reliable sleeping pads are “closed cell” foam that can be found at most outdoor or sporting goods stores. Inflatable sleeping pads can be quite comfortable but can be vulnerable to puncture. If you choose to bring an inflatable sleeping pad, also bring a repair kit and take extra care to avoid a puncture.
- **GROUND TARP:** A small lightweight nylon tarp or sheet of durable 6mm plastic is used as a ground cloth under your sleeping pad at night. Grommets on corners are helpful. Ground tarps should be ~5'x 8' maximum-size.
- **BOOTS (for Backpacking trips):** A good pair of hiking boots adds comfort and safety and with proper care will last for many years. A quality boot will have a supportive upper section and a sturdy sole and be designed for both on-and off-trail hiking while carrying packs up to 35-45 pounds. Low-top or trail running-style hikers are not appropriate. There are many brands and styles to choose from; expect to spend at least \$75-150+ for a quality pair of boots. Strive to break in any new boots by wearing them on short hikes in advance of your arrival to CRMS!
- **RAIN GEAR:** Good-quality coated-nylon rain gear is adequate for our use and can be found relatively cheaply. Cheap plastic or poncho-style jackets are not durable enough in the high country. Pullovers or hooded jackets are excellent. Gore-Tex™ or other breathable-waterproof fabrics work excellently but can be expensive.
- **TOILET KIT:** A travel-size toothbrush, small travel-size toothpaste, a medium-sized tube of SPF 30 or higher sunscreen, and Lip Block with sunscreen are all important items to bring. If you have a history of blisters consider bringing extra Moleskin™ and/or Molefoam™ for blisters, and foot powder. Girls: menstrual cycles may be affected by changes in activity and or environment; bring a double supply of tampons or pads. Do not bring lotions, deodorant, and other toiletries as the scents in these products can attract wildlife. Rest assured that your leaders will provide additional information about caring for yourself and going to the bathroom in the outdoors.

- **CONTACTS/ PRESCRIPTION GLASSES:** Blowing dust, rain, snow, and Colorado's dry climate can cause problems for contact wearers in the backcountry. It is a good idea to bring backup contact lenses and/or glasses to ensure you can enjoy the beautiful sights you will see on your trip.
- **MEDICATIONS:** Prescription medications brought on trips should arrive in the original container with the prescription label intact. The prescription label is the documentation for your use of the medication during your expedition. The container should not include other medications, vitamins, etc. We also recommend bringing a spare set of medications, in case the first set gets lost or wet. Since many medications have contraindications involving sun exposure, high altitude, or other environmental implications, it is essential that you discuss your student's medications with your physician and also disclose to our Health Office and the trip leader upon arrival to CRMS.

NOTE: Each year, students show up with some equipment that is inappropriate or ill-suited for our purposes. In our experience, there is often confusion surrounding the following items:

- Leave all knives behind (including Swiss Army or Leatherman-type knives). These items are prohibited in the dorms and on campus and should be left at home. CRMS provides knives when needed on our trips.
- Do not bring heavy, insulated ski parkas for Outdoor Trips; lightweight insulated shells work best to keep you warm and dry and can compress into a small space when not in use.
- Water bottles need to have a secure, screw-top closure and be drip-free. Bottles with straws and flip-tops often leak. Water bladders used in hydration packs are only appropriate for mountain biking, day-hiking, or trail running trips. Nalgene-brand water bottles are popular, lightweight, secure and available at the CRMS Bookstore.

CRMS Electronic Devices Policy for Outdoor Program Trips: Cell phones, E-Readers, Tablets, and other electronic devices are not permitted on CRMS trips. The only exception to this rule is a dedicated camera. If you have questions about what is permissible, please contact the school. Furthermore, if you would like to learn more about our emergency communication protocol, please feel free to get in touch with the Active Curriculum office.