

VOBS Group Program Packing List for 1-Week Expedition

Items you MUST Bring

3-4 Underwear	Quick Drying or Cotton. Quick drying underwear is usually a blend of Nylon and Spandex that breathes well, wicks moisture, and dries quickly. Quick Drying is recommended, but cotton is okay as well.
1 Swimsuit	You may choose to bring a swimsuit or use a pair of shorts and a sports bra for swimwear. No bikinis or speedos.
1 Toiletries kit	Toothbrush, small toothpaste, comb or brush. Students who have periods: Bring plenty of supplies. Change in activities can cause irregular periods.
1 Pair Sunglasses w/ Keeper Strap and Hard Case	Essential for protecting your eyes in a highly reflective environment.
1 Hijab if needed	If you wear hijab please bring a non-cotton one for your course
1 Pair Camp Shoes	Lightweight, sturdy running shoes. Not fashion or skateboarding type sneakers. An old pair of running shoes is just fine. Leave your Jordans at home
1 Lip Balm	30+ SPF or greater.
1 Towel & Shower Supplies	Bring whatever shower supplies you normally use, ideally in travel sizes, and a towel (any cotton towel). Pack these items in their own kit so it's easy to find when you return from the expedition. These items will not go on the expedition with you.
1 Set of Clean Clothes	After you finish your expedition and shower you'll want clean clothes for traveling home. Don't forget to include socks and underwear.
Money for travel	Think about bringing \$15-\$20 for meals during your arrival and departure days.
Cell Phone & Charger for Travel	It's a good idea to travel with a cell phone in case of travel delays. Your phone will be stored in a safe place during your expedition and returned to you after the trip.
Medical Insurance Card	Please bring your Insurance card, or a copy of the front and back of the card, if you are covered under any medical insurance. The actual card is preferred.
Prescription Medication	If you use prescription medications, please bring enough for the entire course. If possible, bring a backup set. If you use an inhaler or have a prescription epi-pen, you must bring two. Clearly label everything with medication names, dosages and when you take them. Instructors administer medications for students 21 and younger and will ask for them upon your arrival so pack medications in an accessible place in your carry-on. Outward Bound should be aware of any medications you are bringing, if not, please contact your course advisor immediately.
Glasses or contacts if needed	Both glasses and contacts are acceptable. Stick with whatever you normally use. Bring plenty of supplies and at least one set of backup glasses either way. Because sterile-lens-care is more difficult on the trail, their use is not encouraged. Daily disposable contacts are a good option that will help you avoid dirt and dust build-up that might cause damage to your eyes.

Items you *can* bring if you have them already. If you don't have these items, please let us know that you'd like to borrow them by requesting them in the Gear Loan Form below

1 Warm Beanie	Used on colder days and evenings. No cotton
1 Sun Hat	At a minimum, it should shade your face like a baseball cap. Having a brim all the way around is even better. Made out of something that can get folded up and packed.
1 Buff	Versatile lightweight neck gaiter.
1 Light or Medium Weight Long Underwear Top	Synthetic shirt – not cotton
1 Long Sleeve Sun Shirt.	Loose, lightweight, and light-colored for sun and bug protection. Instructors prefer "sun hoodies" that offer protection for the neck and ears. Example. It's likely that you won't want to wear this shirt again after your course because of the wear and tear it will undergo, so don't spend too much on it.
1 Short Sleeve Shirt	Quick-drying synthetic fabrics, not cotton
1 Medium-Weight Warm Top	This can be a polyester or wool fleece or sweatshirt
1 Heavy Fleece or Wool Top.	Must have good breathability and dry quickly when wet. This can usually be found at a thrift store. Must fit over all other layers.
2 Sports Bras if needed	Should be appropriate for athletic activity
1 Light or Medium Weight Long Underwear Bottoms	Leggings or Under Armor is great. Not cotton.
1 Quick Dry Pants*.	Lightweight nylon fabric wicks moisture, dries quickly, and is easy to pack. Should be loose fitting to aid in movement and protect against bug bites through the pants (no yoga-style or tight pants). If durable, one pair will last the trip. One pair can be zip-off pants, in which case you do not need Quick Dry Shorts. No cotton. *Could also be a long non-cotton skirt if you prefer that for religious reasons.
1 Quick Dry Short	Lightweight nylon fabric wicks moisture, dries quickly, and is easy to pack
3 Pair Hiking Socks.	Medium weight wool hiking socks. Sock Example.
1 Pair Canoeing Shoes.	Any pair of old running shoes will work. Must be sturdy, close-toed and have a protective sole. Water shoes will also work. No sandals.
2 Bandanas.	These will be helpful in multiple different ways.

Scan this QR Code with your phone to fill out a short form to request any items you'd like to borrow from us from the list above. It takes less than 5 minutes!

