Please review the following packing list carefully to ensure you have everything you need for your NSO trip and make sure to reach out with any questions or concerns!

Things to Consider:

1. **Packing Light:** Since all trips will be traveling off campus for their trip in 12 passenger vans, mini vans, or buses, space will be extremely limited. Please pack as lightly as possible by sticking to the packing list.

2. **The Climate:** Remember that the Southwest and the Rocky Mountains are beautiful, but the weather is unpredictable! It is important to bring items to anticipate any kind of weather, especially warm clothing layers and sun protection.

3. **How did we organize our packing list:** We organized the packing list according to different lists. “The General Packing List” includes all of the essential items that all trip participants will need regardless of trip and lodging type. The next two lists build off of the “General Packing List” and provide additional items that participants will need if placed on that specific trip type.

4. If you see “high five” symbol 🍂 next to an item it means we’ve got you covered and this item is available at no cost from the Outdoor Education Program Gear House.
   a. Please note that gearhouse equipment is limited so if you have these items already please bring them!

5. **Where Can I Get this Equipment?** If you need to acquire some of this equipment, we suggest you check at your local retail store or outdoor retail store like; Walmart, Dick’s Sporting Goods, Scheel’s, Eastern Mountain Sports, REI, Bass Pro Shop, etc. Online options include: backcountry.com, steepandcheap.com, etc.

The Outdoor Education program has a large quantity of sleeping bags, sleeping pads, and backpacking backpacks. We also have a limited supply of hiking boots, rain jackets, rain pants, fleece sweatshirts, and puffy jackets. Trip leaders will help make sure that all of their participants who do not have this equipment will have access to these limited items. If you already have these items please bring them with you or if you plan to get more involved with the outdoor program or do more personal trips these might be great items to invest in for your time at CC.

**General Packing List:**
All participants should have these items regardless of what trip type they are placed on.

**Personal Items**
- **Water bottle:** it is extremely important to stay hydrated, especially at higher elevations.
- **Personal Hygiene/Toiletries:** Make sure to bring toothpaste, toothbrush, menstruation supplies, eyeglasses, contact lenses, etc.
- **Prescription Medications:** make sure to pack any medications that you take on a regular basis or may potentially need! Make sure you have enough to last the trip and then some.
Eating Utensils: pack something that you can eat on and eat with! Plastic bowls and utensils are recommended.
- Plate or a bowl (reusable plastic food storage container works great)
- Spoon or fork
- Mug or thermos for warm drinks

Duffel/Backpack/Small Suitcase: Something to store all of your personal gear/clothes in. This should no larger than a carry on sized bag.

Swimsuit and Towel: some trip will have access to hot springs or a swimming area

Journal (optional)

Footwear
- Closed-Toed Shoes: shoes that you are comfortable walking in and doing service work in. Most work sites will require close-toed shoes.
- Socks: 2-4 pairs of socks
- Comfortable/casual shoes: bring footwear that is more comfortable to hang out in when not doing service work. Sandals, tennis shoes, crocs, etc. work great!

For Your Head
- Warm hat
- Sun Hat: some kind of hat that has a visor to help keep the sun off your face and neck, a simple baseball hat works great.
- Sunglasses
- Lip balm/chapstick: Dry air combined with intense sun can lead to chapped/sunburned lips.

For Your Body
- Warm Layers: It is essential to be prepared for colder temperatures in the evening and at elevation.
  - Warm jacket or puffy jacket
  - Fleece sweatshirt or long sleeve shirt (s)
- Rain Jacket: most groups will be working outside and many will be camping outdoors so having a rain jacket or poncho will keep you dry.
- Pants: 1-2 pairs of pants. One pair should be something that can get dirty and you can do work in!
- Shorts: 1-2 pairs
- Underwear: 2-4 pairs

Sleeping Items
- Sleeping Bag: All participants will need a sleeping bag (even if you are staying indoors). A sleeping bag that is rated between 15-30 degrees fahrenheit is recommended for most trips.
- Sleeping pad: All participants will need a sleeping pad since almost all lodging sites involve sleeping on the ground whether you are indoors or camping outdoors.
- Small/Travel Pillow: a pillow can be really nice but try and keep it small and packable.
- Clothes to sleep in: 1 set of comfortable clothes to sleep in at night. Remember it can get chilly at night so long sleeve shirt and warm pants are recommended for most participants.
Camping Tier 1 and Camping Tier 2 List: (for definitions of Tier 1 and Tier 2 see website)

In addition to the General Packing List, all participants placed on this trip type should pack the following items.

Camping Tier 1 and Tier 2 trips participants will be sleeping in tents provided by Outdoor Education. When camping it is important to plan ahead and bring appropriate equipment in order to be as comfortable as possible! Please keep in mind that your trip leaders are there to help ensure that you have the appropriate equipment needed and know how to use it properly to be comfortable.

- **Headlamp or Flashlight:** A light source (other than your cell phone) is a must when camping.
- **Small Day Pack:** a small backpack that can be used for day hikes, or holding your personal items while at the work site/during the day
- **1 additional water bottle:** It can be really nice to be able to carry extra water during your work days or while hiking or exploring camp.
- **Warm Layers:**
  - Long underwear/warm pants
- **Duffel Bag or Backpack:** try and store all of your clothes and equipment in a duffel or backpack instead of roller luggage to make it easier to transport to and from the campsite.

**Beginner Backpacking List:**

In addition to the General Packing List, all participants placed on this trip type should pack the following items.

For beginner backpacking specific trips where you will be traveling and camping in the backcountry, it is very important that your clothing and layers are not cotton. The material should be made out of something synthetic, like polyester, spandex, wool, fleece, etc. Synthetic clothing is lighter and more compact than cotton and it also helps to wick away moisture from the body keeping you cooler and warmer when needed.

- **Hiking Boots:** It is important to have a good pair of hiking boots or shoes that you feel comfortable walking on rocks, dirt, and uneven terrain. It can be helpful if these are waterproof and have ankle support.
- **Synthetic hiking socks:** 2-3 pairs of non-cotton socks
- **Backpack:** 50-75 liter in carrying capacity
- **Water bottles:** Please bring 2 water bottles at least one liter each
- **Headlamp or Flashlight:** A light source (other than your cell phone) is a must when backpacking.
- **Warm Sleeping Bag:** A warm, compressible sleeping bag rated between 0-20 degrees fahrenheit is recommended for all backpacking trips due to the elevation most of these trips are at you can count on cold temperatures in the evening and at night.
- **Rain Jacket and Pants:** It is important to be ready for rain so a good rain jacket/hard shell jacket and rain pants are important!

For questions, please contact Outdoor Education Office at 719-389-6803, or outdoored@coloradocollege.edu