

BOLD & GOLD EXPEDITIONS

GENERAL PACKING INFORMATION

All participants are responsible for bringing the items on the following list with them to check-in. Please check with your teen that every item is actually going into their pack before leaving home. Please take note of additional items necessary for your specific programs (see pages 12-18 in the handbook). The quality of clothing and equipment can have an enormous impact on the health and happiness of participants. When selecting equipment, size and weight can be important. BOLD & GOLD can provide many of these items, including clothing from an extensive outdoor clothing lending library; please call with any questions or to rent any gear.

PACKING

Since your teen will be carrying their own equipment as well as a portion of the group's food and gear, choose personal gear that is lightweight, warm and easily packed. All items should be packed in a backpack that has a minimum capacity of 60-70 Liters, and should be capable of carrying 25-30 lbs. It should be an internal frame design and have adjustable hip and waist belts. If you will be renting a backpack from BOLD & GOLD, please bring gear in a duffel bag to check-in.

CLOTHING

Your teen will be living outside, so having the right clothing is important for their 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 them more flexibility as the weather and workloads change. Please review this checklist carefully and make sure you have all the required items.

There is limited space on the minibus as well as in personal bags, so please bring only what is on this list. Also please note: clothes may get very dirty, and will get a lot of use during the week- so don't bring anything that is precious or valuable. Synthetics and wool are warmer, more comfortable and **highly recommended**. Cotton clothing holds water, dries slowly and **will not** provide insulation when wet. Other good fabrics for the outdoors include: fleece, capilene and polypropylene (100% polyester).

SLEEPING BAGS

A quality sleeping bag is extremely important for comfort on trips. A nylon-shelled synthetic or down filled sleeping bag, with a stuff sack, is important. Small, warm, lightweight bags are essential because teens will carry their bags for the duration of the trip. **Do not bring cotton sleeping bags.** They tend to be bulky, and once wet, tend to stay wet.

GROUP GEAR

BOLD & GOLD will provide all group camping gear, trip-specific gear (climbing, rafting, mountaineering, etc.), waterproof backpack liners, sunscreen and insect repellent.

GEAR CHECK:

Instructors will help check everyone's gear, and they may ask your teen not to bring something that they've packed or provide an alternative to what was brought; this is done for efficiency, to minimize pack weight, and to ensure that everyone have the appropriate gear. Anything left behind will be stored securely at our basecamp.

ALL COURSES – GENERAL PACKING LIST REQUIRED ITEMS:

HEAD

- 1 baseball sun hat with brim
- 1 warm hat (beanie)
- 1 pair of sunglasses
- 1-2 face masks

BODY

- Baselayer: 1 pair of long underwear, top and bottom, (wool, capilene or polypropylene)
- Midlayer: 1 pair of long pants (quick-drying, synthetic nylon or polyester)
- Midlayer: 2 long-sleeved tops (synthetic or wool)
- Top layer: 2 warm tops (fleece, wool, or lightweight jacket)
- Rain jacket with hood and rain pants (no ponchos)
- 2-4 pairs of underwear (cotton is ok)
- 1 pair of shorts (quick drying, synthetic, running or athletic shorts)
- 1-2 short-sleeved shirts (wool, capilene or polypropylene)
- Females: 2 Sports Bras (one can be worn with shorts for swimming instead of a swimsuit)
- 1-2 bandanas (optional)
- 1 swimsuit (optional)

FEET

- 1 pair hiking boots (see trip specific items)
- 1 pair of comfortable shoes (such as tennis shoes or sport sandals) to wear at camp sites.
No flip flops.
- 2-4 pairs of socks (wool or synthetic)

MISCELLANEOUS ITEMS

- 1 Headlamp & extra batteries
- 2 Water Bottles: durable plastic, wide-mouth, 32 oz or larger (Nalgene-type)
- Mess Kit: one spoon, one plastic bowl or Tupperware with lid, and one plastic mug
- Whistle with neck strap: string or cord for the neck strap works fine.

TOILETRIES

- Toothbrush, travel-sized toothpaste, floss,
- Small comb, brush, pick and hair ties (optional)
- Lip Balm: Minimum SPF 15
- Prescription eyewear (if necessary): backup pair of glasses and case, contact lenses and saline/cleaning solution
- Menstruation Supplies (if applicable): Changes in diet, altitude, & fitness level can unexpectedly induce menstruation. Instructors have minimal supplies on hand to lend to participants. Please bring a personal supply of pads/tampons – even if your teen is not expecting their period. Should be packed into a Ziploc bag.

*Toiletries are best kept in a quart sized Ziploc bag.

OPTIONAL ITEMS

- Watch (with alarm)
- Small book or journal & pen, packed in a Ziploc bag
- 1 small, quick-dry towel

GEAR

- Sleeping bag (an easily packable, synthetic bag is preferred, +25 degrees or warmer)
- Sleeping pad (foam pads only)
- Compression stuff sack for sleeping bag
- Duffel bag or backpack for gear (see backpack description for each trip)

PLEASE DO NOT BRING

- Cell phones/pagers/electronic devices
- iPods/MP3 players/radios
- E-Readers/handheld gaming devices
- Alcohol/drugs/tobacco products/electronic cigarettes/vaping devices
- Matches/lighters
- Candy/food
- Make-up, deodorant, or perfume/cologne
- Fireworks
- Weapons (pocketknives & hatchets, etc.)

Note: During our 2 and 3 week expeditions there may be opportunities to exchange some essential clothing items-e.g. underwear, socks and shirts. Exchanges may take place during re-supply, when a support staff member meets the expedition to provide more food and equipment, as necessary. Feel free to pack 1-2 additional pairs of underwear, socks and shirts. The instructors will help make sure your items are delivered during re-supply.

ALL BACKPACKING TRIPS

REQUIRED ITEMS:

- **Items on the General Packing List**
- **Backpack:** Needs to have a capacity of 60-70 Liters, and should be capable of carrying 25-30 lbs. Should have adjustable hip and waist belt- internal frame design is recommended.
- **Day Pack: (BEYOND CITY LIMITS ONLY)** This will be used to carry everything needed during the day (water, food, layers). School book bag or similar sized packs are great options.
- **Low to Mid Weight Hiking Boots:** Boots should be well broken in with solid ankle support and good treads. If using new boots, make sure to do some walking or hiking in the boots well before the trip. 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 for your comfort while backpacking
- **Sport Sandals (BACKPACKS & KAYAKS ONLY)** – Tevas, sandals, water shoes, Chacos, or lightweight sneakers. These shoes will be worn while swimming and rafting, so they need to be securely fastened with a heel strap.

ALL CLIMBING TRIPS

REQUIRED ITEMS:

- **Items on the General Packing List** (see pages 10-11)
- **Duffle Bag:** All gear should fit into ONE duffle bag. No hard-sided suitcases please.
- **Day Pack:** This will be used to carry everything needed during the day (water, food, layers). School book bag or similar sized packs are great options.
- **Light Hiking Boots or Trail Runners:** Climbing trips will primarily use climbing shoes or camp shoes. However, participants will be doing some day-hiking as well as walking/hiking the approach to the climbs, so a sturdy shoe or trail runner is recommended. Shoes/boots should have good treads, and be well broken in. Backpacking boots are not required.
- **Passport or Enhanced ID (GREAT CANADIAN CLIMBING ADVENTURE ONLY)**

ALL CLIMBING GEAR WILL BE PROVIDED. Participants wishing to use their own harness, helmet or shoes will need to show them to an instructor during gear check.

A NOTE ABOUT PACKING FOR RIVERS & ROCKS CLIMBING & RAFTING:

During gear check, each person will be issued a large waterproof, 60-70 L bag to use during the trip. These bags will store participant's personal clothing, sleeping bag, and other personal items for the rafting portion of the trip. Whitewater bags will be loaded on the supply raft each morning and taken to the next camp. Each participant will also be provided with a medium sized, roll-top waterproof bag for personal day items, which include: rain gear, water bottle, sunscreen, extra shirt, hat, sunglasses, lip protection, camera, and medications. Since all baggage must be handled and hand carried several times each day, we ask that you pack as light and compact as possible. Please bring all gear for trip in a duffle bag to basecamp.

REQUIRED ITEMS:

- **Items on the General Packing List & the Climbing Packing List**
- **Duffle Bag:** All should fit into ONE duffle bag. No hard-sided suitcases please.
- **Sport Sandals** – Tevas, sandals, water shoes, Chacos, or lightweight sneakers. These shoes will be worn while swimming and rafting, so they need to be securely fastened with a heel strap.
- **Additional Items:**
 - Unscented cream/lotion if you are prone to dry skin
 - Travel-sized biodegradable soap/shampoo (optional)
 - Small Travel Pillow: it's a long drive and can be nice to have a travel pillow. You can also choose to bring a small pillow on the rafting portion (space permitting)

ALL RAFTING GEAR WILL BE PROVIDED

ALL MOUNTAINEERING TRIPS

REQUIRED ITEMS:

- **Items on the General Packing List**
- **Backpack:** Needs to have a capacity of 70-95 Liters. An internal frame design is recommended. The backpack should be capable of carrying 35-50lbs and have an adjustable waist band and shoulder straps.
- **Low to Mid Weight Hiking Boots:** Boots should be well broken in with solid ankle support and good treads. If using new boots, make sure to do some walking or hiking in the boots well before the trip. 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 for your comfort while backpacking.
- **1 pair Mid Weight Gloves:** Made from fleece, wool, or polypropylene
- **1 pair Warm pants:** OPTIONAL (if you run cold) – these should be fleece, wool, or polyester.
- **1 pair sunglasses:** must block 100% UV rays

ALL MOUNTAINEERING GEAR WILL BE PROVIDED. Participants wishing to use their own harness or helmet will need to show them to an instructor during gear check.

3-WEEK COMBO TRIPS

ART OF LEADERSHIP REQUIRED ITEMS:

- **Items on the General Packing List**
- **Backpack:** Needs to have a capacity of 70-95 Liters. An internal frame design is recommended. The backpack should be capable of carrying 35-50lbs and have an adjustable waist band and shoulder straps.
- **Low to Mid Weight Hiking Boots:** 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. 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 for your comfort while backpacking.
- **CLOTHING/GEAR FOR CLIMBING:** For the third week of the trip students will be rock climbing at camping near Deception Pass. They will want a fresh set of clothes for this week, which will be in the re-supply.
 - Day Pack: This will be used to carry everything needed during the day (water, food, layers). School book bag or similar sized packs are great options.
 - 1 short sleeve shirt: Synthetic or cotton is OK
 - 1 pair pants to climb in: yoga pants/capris/ light weight nylon pants...etc
 - 1-2 pair underwear
 - 2 pairs socks
 - Towel, travel-sized biodegradable soap/ shampoo (optional)

Need help with your specific trip's packing information? Please consult the BOLD & GOLD Handbook, or email campinfo@seattlemca.org with any questions.