WBO Required Personal Equipment List
7-Day Multi-Sport Water Adventure

Please Bring the Following:

Item:	Quantity:	Type:
Base Layers		
➢ Underwear	4 pairs	Synthetic material for men, cotton for women
➢ Jog Bra	1 each	Women only
➢ Socks	3 pairs	Wool/ silk/ polypropylene etc. (no cotton)
➢ Long Underwear	1 top 1 bottom	Light or medium weight synthetic
➢ Shorts	2 pair	Synthetic quick-drying material (no cotton)
➢ Swimsuit	1 suit	May use quick-drying shorts and "jog bra"
➢ T-shirts	2 each	Cotton OK
Outer Layers		
➢ Rain Jacket	1 each	Must be waterproof. Gore-Tex or similar OK
➢ Rain/wind Pants	1 pair	Heavy weight nylon
➢ Long Pants	1 each	Pile/ wool/ fleece material only (no cotton)
➢ Jacket	1 each	200 or 300 weight pile/ wool/ fleece
➢ Warm Ski Hat	1 each	Pile/Wool
➢ Sun Hat	1 each	Baseball cap, visor or full brim OK
➢ Bandanas	2 each	Standard style. For head gear or wash cloth
➢ Gloves	1 pair	Wool/ pile/ fleece
Footwear		
➢ Sandals	1 pair	"Teva" or "Chaco" sandals with heal strap. No "flip flops"
➢ Sneakers	1 pair	Closed toe, hiking/ camp shoes
Outdoor Gear		
➢ Sleeping bag and pad	1 each	Synthetic bag rated to 30 F. Pad can be ¾ length
➢ Backpack	1 each	1000-2000 cubic inch capacity for day hikes
➢ Duffle bag	1 each	Large enough to fit all personal items
Personal		
➢ Cup, Bowl and Spoon	1 each	Plastic travel style used for all meals
➢ Toiletries	1 each	Basics only. Toothbrush, toothpaste, feminine hygiene.
➢ Sunscreen & lip balm	1 each	15 SPF minimum
➢ Sunglasses	1 each	With leash (croakies)
➢ Water Bottles	2 each	1 liter "Nalgene" or similar durable plastic.
➢ Headlamp	1 each	Any style OK
➢ Pocket knife	1 each	Small "Swiss Army" or "Leatherman" styles OK
➢ Prescription Meds	2 each	Bring extra medication if it gets wet or lost

All technical equipment and group gear will be provided by Wilderness Based Orientation