



## PACKING INFORMATION

We are excited to have you join us for a COR Expedition this winter! Please read over the following information carefully in order to prepare for your course and arrive with the proper clothing and personal gear. The second page of this document is a complete packing list, including both the items that are available from COR *at no additional cost* and the items that you must bring yourself. Please submit your gear reservation form to reserve the items available from COR. Forms must be submitted by three weeks prior to your trip to guarantee proper sizing and availability.

- Pack items suitable for backpacking – i.e. lightweight and compressible
- NO COTTON CLOTHING
- Expedition Backpacks should have a capacity of 65+10L or more
- If you are packing for the trip in your own backpack, please bring a second bag (book bag/duffle) to contain items that will remain in the car
- Sleeping bags should be rated for 0-15°F and have a compression sack
- If you would like to bring your own skis or ski boots, please contact Sarah Carlstrom at [sarah@corexpeditions.org](mailto:sarah@corexpeditions.org) to make sure they will be appropriate for this trip. Furthermore, mid-quality sunglasses or above are preferable for this trip rather than ski goggles, although feel free to bring both if you'd like.
- Ski apparel such as a ski jacket or ski pants should be only lightly insulated (if at all) and have venting capabilities. Traditional resort wear is not designed for the type of uphill travel that we'll experience on this trip, and will leave you sweaty and cold rather than warm and dry.
- Many of the items on this list are available from mass-retail stores such as Walmart or Target if you do not already own them. However, please do NOT purchase your hiking/snow boots from such stores. Invest in high-quality hiking or snow boots that are *actually waterproof* and break them in before your trip – your feet will thank you.
- Remember that weather can change rapidly in the mountains! Anticipate temperatures from -20° to 40°. Warm layers are essential.
- A clean set of clothes for your trip home is highly recommended!
- Feel free to bring a journal, a small Bible, other reading, etc.
- COR Expeditions provides stoves, cooking supplies and group gear. There is no need to bring these items unless you would like to use your own gear.

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- ALL items on the following list are **required** unless otherwise stated
  - Rental Gear is provided *at no additional cost!*
  - **You will be responsible for the full replacement cost of any lost or damaged gear** beyond normal wear and tear or manufacturing defect.
  - If you have questions about any of the items on this list as you prepare for your trip, please contact us *before* you pack or purchase! We are more than happy to help!

## Items Available from COR (no additional cost)\*

\*Fill out the gear reservation form at the link provided to request these items. If you do not request an item, it is assumed that you are bringing it yourself.

ITEM NAME	REQUIRED
Mid-weight Fleece or Synthetic Sweatshirt	2
Fleece or Puffy Vest	OPTIONAL
Heavy-weight Puffy Jacket	1
Heavy-weight fleece or puffy pants	1
Waterproof Rain Jacket/Ski Shell	1
Beanie/Warm Hat	1
Expedition Gloves/Mittens	1 pair
Insulated Down Booties	OPTIONAL
Alpine Touring Skis	1 pair
Alpine Touring Ski Boots	1 pair
Ski Poles	1 pair
Internal Frame Expedition Backpack (65+10L or more)	1
Sleeping Bag (0-15°F) w/compression sack	1
Sleeping Pad	1
Headlamp w/extra batteries	1

## Items NOT Available from COR

You must bring these items yourself.

ITEM DESCRIPTION	REQUIRED
Duffle Bag or Suitcase	1
Travel clothes & shoes (for traveling to and from the course)	1 set
Swimsuit & Towel (modest one-piece or tankini for women)	1 each
Small Backpack for Day Hikes	1
Synthetic T-shirt	1-2
Synthetic Long Sleeve Shirt	1-2
Waterproof Ski/Rain Pants (vented and only lightly insulated; must fit over ski boots)	1
Base Layers: top and bottom (non-cotton thermal leggings/long underwear)	1 set
Underwear	3-4 pairs
Wool or Synthetic Hiking/Ski Socks	3-4 pairs
Liner Socks (very thin socks that prevent blisters)	1 pair - OPTIONAL
Waterproof Hiking or Snow Boots	1 pair
Lightweight/Liner Gloves	1 pair
Waterproof Mittens/Gloves	1 pair
Balaclava or Neck Gaiter	1
Sun Hat or Ball Cap and Bandana	1 each
32oz Water Bottle (Nalgene brand or similar)	2

## Items NOT Available from COR - continued

You must bring these items yourself.

Sunglasses ( <i>not</i> ski goggles), Sunscreen, Lip Balm	1 each
Personal Hygiene: Towel, Toothbrush/paste, deodorant, shampoo/conditioner, feminine hygiene products, hand sanitizer, etc. (travel sizes)	1 each
Pocket Knife, Watch, Sunglasses Retainer, Camera, Insulated Mug/Thermos, Ski Goggles, Phone Battery Bank	OPTIONAL