

# **BOLD & GOLD EXPEDITIONS**

## **GENERAL PACKING INFORMATION**

All participants are responsible for bringing the items on the following list with them to check-in. Please take time to confirm that every item is actually going into the pack before leaving home. Please take note of additional items necessary for specific programs (see pages 15-20 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. If you'd like to borrow any clothing or gear, please fill out the Gear Request form in UltraCamp.

### **PACKING**

Since participants 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 also have adjustable hip and waist belts. Participants borrowing a backpack from BOLD & GOLD should bring the gear they have in a bag to check-in.

### **CLOTHING**

Participants 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 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 vehicle 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. Synthetic items and wool are warmer, more comfortable and **highly recommended**. Cotton clothing holds water, dries slowly and **will not** provide insulation when wet, which means it's not suitable for expeditions. 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 participants will carry their bags for the duration of the trip. A nylon-shelled synthetic sleeping bag, with a stuff sack, is preferred. **Do not bring cotton or down sleeping bags.** Once wet, they 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:**

Our logistics team will help check all participant gear. They may ask participants 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.

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

## BOLD & GOLD PACKING LISTS

### PLEASE DO NOT BRING ON ANY TRIP

- Cell phones/electronic devices including iPods, e-readers, gaming devices etc.
- Alcohol/drugs/tobacco products/electronic cigarettes/vaping devices
- Wallet or money
- Matches/lighters
- Candy/food
- Make-up, deodorant, perfume/cologne, face or baby wipes
- Fireworks

## BEYOND CITY LIMITS DAY TRIPS

### KAYAKING DAY: WEAR AND/OR BRING

- 2 cloth masks
- 2 Water bottles: durable plastic, wide-mouth, 32 oz or larger (Nalgene-type)
- Daypack, school backpack, or similar
- Lunch
- Sunglasses
- Sun hat
- Short-sleeve t-shirt or sun shirt (synthetic or wool)
- Shorts or hiking pants (synthetic, no cotton)
- Sport sandals with strap or tennis shoes (these WILL get wet)
- Top layer (lightweight synthetic, fleece, or wool jacket)
- Rain jacket and rain pants
- Wool or synthetic socks

### OPTIONAL:

- Sunscreen (instructors will have a group sunscreen)
- Lip balm

**ALL KAYAKING GEAR WILL BE PROVIDED.**

### CLIMBING DAY: WEAR AND/OR BRING

- 2 cloth masks
- 2 Water bottles: durable plastic, wide-mouth, 32 oz or larger (Nalgene-type)
- Daypack, school backpack, or similar
- Lunch
- Sunglasses
- Sun hat
- Short-sleeve t-shirt or sun shirt (synthetic or wool)
- Shorts or hiking pants (synthetic, no cotton)
- Lightweight hiking boots or trail runners
- Top layer (lightweight synthetic, fleece, or wool jacket)
- Rain jacket and rain pants
- Wool or synthetic socks

### OPTIONAL:

- Sunscreen (instructors will have a group sunscreen)
- Lip balm

**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.

# BEYOND CITY LIMITS BACKPACKING OVERNIGHT

## HEAD

- 1 sun hat
- 1 warm hat
- 1 pair of sunglasses
- 2 cloth masks

## BODY

- 1-2 pairs of underwear (cotton is ok)
- 1 Sports Bra (if applicable)
- Base layer:
  - 1 pair of long underwear, top and bottom (wool, capilene or polypropylene)
  - 1 short-sleeved or sun shirts (wool, capilene or polypropylene)
  - 1 pair of shorts (quick drying, synthetic)
- Mid layer:
  - 1 long-sleeved top (synthetic or wool)
  - 1 pair of long pants (quick-drying, synthetic nylon or polyester)
- Top layer:
  - 1-2 warm tops (fleece, wool, or lightweight jacket, NO down or cotton)
- Rain Gear:
  - Rain jacket with hood (no ponchos)
  - Rain pants
- 1-2 bandanas (optional)

## FEET

- 1 pair of low- to mid-weight hiking boots (Boots should be well broken in with solid ankle support and good treads)
- 1 pair of camp shoes (tennis shoes or sport sandals) **No flip flops or slides.**
- 2 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

## TOILETRIES

- Toothbrush, travel-sized toothpaste, floss
- Small comb, brush, pick and hair ties (optional)
- Lip Balm: Minimum SPF 15
- Prescription eyewear: backup pair of glasses and case, contact lenses and saline/cleaning solution
- Menstruation Supplies: personal supply of pads/tampons (if applicable)

**\*Toiletries should be kept in one Ziploc bag.**

## GEAR

- Sleeping bag (packable, synthetic bag, No down or cotton, +25 degrees or warmer)
- Sleeping pad (non-inflatable, foam pads only)
- Compression stuff sack for sleeping bag (optional)
- Backpack (Needs to have a capacity of at least 65 liters, internal frame recommended)

## OPTIONAL ITEMS

- Watch
- Small book, journal/pen
- Trekking Pole(s)
- Bug net

# CLIMBING & TAHOMA TRIPS

## 1 WEEK TRIPS:

- Sea to Summit
- Tahoma

## HEAD

- 1 sun hat
- 1 warm hat
- 1 pair of sunglasses
- 2 cloth masks

## BODY

- 2-4 pairs of underwear (cotton is ok)
- 2 Sports Bras (if applicable)
- Base layer:
  - 1 pair of long underwear, top and bottom (wool, capilene or polypropylene)
  - 1-2 short-sleeved or sun shirts (wool, capilene or polypropylene)
  - 1 pair of shorts (quick drying, synthetic)
- Mid layer:
  - 2 long-sleeved tops (synthetic or wool)
  - 1 pair of long pants (quick-drying, synthetic nylon or polyester)
- Top layer:
  - 1-2 warm tops (fleece, wool, or lightweight jacket, NO down or cotton)
- Rain Gear:
  - Rain jacket with hood (no ponchos)
  - Rain pants
- 1-2 bandanas (optional)

## FEET

- 1 pair of light hiking boots or trail runners (Shoes/boots should have good treads, and be well broken in. Backpacking boots are not required)
- 1 pair of camp shoes (tennis shoes or sport sandals) **No flip flops or slides.**
- 3-4 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

## TOILETRIES

- Toothbrush, travel-sized toothpaste, floss
- Small comb, brush, pick and hair ties (optional)
- Lip Balm: Minimum SPF 15
- Prescription eyewear: backup pair of glasses and case, contact lenses and saline/cleaning solution
- Menstruation Supplies: personal supply of pads/tampons (if applicable)

**\*Toiletries should be kept in one Ziploc bag.**

## GEAR

- Sleeping bag (packable, synthetic bag, No down or cotton, +25 degrees or warmer)
- Sleeping pad (non-inflatable, foam pads only)
- Compression stuff sack for sleeping bag (optional)
- Duffle bag or large backpack (all items should fit into ONE bag. No hard-sided suitcases)
- Day Pack (school book bag or similar sized bag are great options)

**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.

## OPTIONAL ITEMS

- Watch
- Small book, journal/pen
- 1 small, quick-dry towel

# ONE-WEEK BACKPACKING TRIPS

## 1 WEEK TRIPS:

- Backpacking & Fishing
- Backpacking & Yoga
- Call of the North Cascades
- Cascade Challenge
- Fierce & Fabulous
- Make A Scene: Art & Backpacking
- Olympic Coastal Backpacking
- Olympic Challenge
- Poets & Peaks

## HEAD

- 1 sun hat
- 1 warm hat
- 1 pair of sunglasses
- 2 cloth masks

## BODY

- 2-4 pairs of underwear (cotton is ok)
- 2 Sports Bras (if applicable)
- Base layer:
  - 1 pair of long underwear, top and bottom (wool, capilene or polypropylene)
  - 1-2 short-sleeved or sun shirts (wool, capilene or polypropylene)
  - 1 pair of shorts (quick drying, synthetic)
- Mid layer:
  - 2 long-sleeved tops (synthetic or wool)
  - 1 pair of long pants (quick-drying, synthetic nylon or polyester)
- Top layer:
  - 1-2 warm tops (fleece, wool, or lightweight jacket, NO down or cotton)
- Rain Gear:
  - Rain jacket with hood (no ponchos)
  - Rain pants
- 1-2 bandanas (optional)

## FEET

- 1 pair of low- to mid-weight hiking boots (Boots should be well broken in with solid ankle support and good treads)
- 1 pair of camp shoes (tennis shoes or sport sandals) **No flip flops or slides.**
- 3-4 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

## TOILETRIES

- Toothbrush, travel-sized toothpaste, floss
- Small comb, brush, pick and hair ties (optional)
- Lip Balm: Minimum SPF 15
- Prescription eyewear: backup pair of glasses and case, contact lenses and saline/cleaning solution
- Menstruation Supplies: personal supply of pads/tampons (if applicable)

**\*Toiletries should be kept in one Ziploc bag.**

## GEAR

- Sleeping bag (packable, synthetic bag, No down or cotton, +25 degrees or warmer)
- Sleeping pad (non-inflatable, foam pads only)
- Compression stuff sack for sleeping bag (optional)
- Backpack (Needs to have a capacity of 65-70 liters, internal frame recommended)

## OPTIONAL ITEMS

- Watch
- Small book, journal/pen
- Trekking Pole(s)
- Bug Net

## TWO-WEEK BACKPACKING TRIPS

### 2 WEEK TRIPS:

- American Alps
- Backpacking & Leadership
- Backpacks & Kayaks\*
- Mountain & Music
- Powerful Gifts\*\*

### HEAD

- 1 sun hat
- 1 warm hat
- 1 pair of sunglasses
- 2 cloth masks

### BODY

- 2-4 pairs of underwear (cotton is ok)
- 2 Sports Bras (if applicable)
- Base layer:
  - 1 pair of long underwear, top and bottom (wool, capilene or polypropylene)
  - 1-2 short-sleeved or sun shirts (wool, capilene or polypropylene)
  - 1 pair of shorts (quick drying, synthetic)
- Mid layer:
  - 2 long-sleeved tops (synthetic or wool)
  - 1 pair of long pants (quick-drying, synthetic nylon or polyester)
- Top layer:
  - 1-2 warm tops (fleece, wool, or lightweight jacket, NO down or cotton)
- Rain Gear:
  - Rain jacket with hood (no ponchos)
  - Rain pants
- 1-2 bandanas (optional)

### FEET

- 1 pair of low- to mid-weight hiking boots (Boots should be well broken in with solid ankle support and good treads)
- 1 pair of camp shoes (tennis shoes or sport sandals) **No flip flops or slides.**
- 3-4 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

### TOILETRIES

- Toothbrush, travel-sized toothpaste, floss
- Small comb, brush, pick and hair ties (optional)
- Lip Balm: Minimum SPF 15
- Prescription eyewear: backup pair of glasses and case, contact lenses and saline/cleaning solution
- Menstruation Supplies: personal supply of pads/tampons (if applicable)

**\*Toiletries should be kept in one Ziploc bag.**

### GEAR

- Sleeping bag (packable, synthetic bag, No down or cotton, +25 degrees or warmer)
- Sleeping pad (non-inflatable, foam pads only)
- Compression stuff sack for sleeping bag (optional)
- Backpack (Needs to have a capacity of 65-70 liters, internal frame recommended)

### OPTIONAL ITEMS

- Watch
- Small book, journal/pen
- Trekking Pole(s)
- Bug Net

### RE-RATION

Two-week trips require additional supplies to be sent to the group halfway through their adventure. This presents a potential for participants to be resupplied with a few essential items. These items must fit into 1 gallon zip lock bag, and depending on the trip, these amounts may be adjusted since groups cannot always return dirty items back to basecamp.

- 1-2 pairs of socks
- 1-2 pairs of underwear
- 1 t-shirt

# ALL MOUNTAINEERING TRIPS

## 2 WEEK TRIPS:

- Call to the Summit
- Fire & Ice
- The Journey to Olympus

## HEAD

- 1 sun hat
- 1 warm hat
- 1 pair of sunglasses
- 2 cloth masks

## BODY

- 2-4 pairs of underwear (cotton is ok)
- 2 Sports Bras (if applicable)
- 1 pair Mid-Weight Gloves (fleece, wool, or polypropylene)
- Base layer:
  - 1 pair of long underwear, top and bottom (wool, capilene or polypropylene)
  - 1-2 short-sleeved or sun shirts (wool, capilene or polypropylene)
  - 1 pair of shorts (quick drying, synthetic)
- Mid layer:
  - 2 long-sleeved tops (synthetic or wool)
  - 1 pair of long pants (quick-drying, synthetic nylon or polyester)
- Top layer:
  - 1-2 warm tops (fleece, wool, or lightweight jacket, NO down or cotton)
  - 1 warm pair of pants: fleece, wool, or polyester (optional - if participant runs cold)
  - 1 warm packable jacket (down or synthetic)
- Rain Gear:
  - Rain jacket with hood (no ponchos)
  - Rain pants
- 1-2 bandanas (optional)

## FEET

- 1 pair of mid-weight hiking boots (Boots should be well broken in with solid ankle support and good treads)
- 1 pair of camp shoes (tennis shoes or sport sandals) **No flip flops or slides.**
- 3-4 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

## TOILETRIES

- Toothbrush, travel-sized toothpaste, floss
- Small comb, brush, pick and hair ties (optional)
- Lip Balm: Minimum SPF 15
- Prescription eyewear: backup pair of glasses and case, contact lenses and saline/cleaning solution
- Menstruation Supplies: personal supply of pads/tampons (if applicable)

**\*Toiletries should be kept in one Ziploc bag.**

## GEAR

- Sleeping bag (packable, synthetic bag, no down or cotton, +25 degrees or warmer)
- Sleeping pad (non-inflatable, foam pads only)
- Compression stuff sack for sleeping bag (optional)
- Backpack (Needs to have a capacity of 75-95 liters, internal frame recommended)

## ALL MOUNTAINEERING 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.

## OPTIONAL ITEMS

- Watch
- Small book, journal/pen
- Trekking Pole(s)

## RE-RATION

Two-week trips require additional supplies to be sent to the group halfway through their adventure. This presents a potential for participants to be resupplied with a few essential items. These items must fit into 1 gallon zip lock bag, and depending on the trip, these amounts may be adjusted since groups cannot always return dirty items back to basecamp.

- 1-2 pairs of socks
- 1-2 pairs of underwear
- 1 t-shirt