



## PACKING INFORMATION

We are excited to have you join us for a COR Expedition! 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 for the items available from COR via the link provided by the COR office. Forms must be submitted by the paperwork deadline for 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 lightweight, rated for 0° to 20°F, and have a compression sack
- Expect your layers to see wear and tear
- 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 boots from such stores. Invest in high-quality hiking shoes or boots from an outdoor retailer and break them in before your trip – your feet will thank you.
- Remember that weather can change rapidly (both in the mountains and the desert) from warm and sunny to snow! Temperatures drop significantly at night, so warm layers are essential.
- If participating in any river activities, bring one set of clothes that can get wet on the river, and a second set to change into when you get to camp.
- 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 all tents, 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 are preparing for your trip, please contact us! We are more than happy to help!



# PACKING CHECK-LIST

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

\*Fill out the gear reservation form at the link provided on the previous page 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	1
Puffy Jacket	1
Rain Jacket	1
Rain Pants	1
Beanie/Warm Hat	1
Internal Frame Expedition Backpack (65+10L or more)	1
Sleeping Bag (rated for 0° to 20°F) w/compression sack	1
Sleeping Pad	1
Headlamp w/extra batteries	1
Camp Chair (Crazy Creek or similar)	1

## Items NOT Available from COR

You must bring these items yourself.

ITEM DESCRIPTION	REQUIRED
Duffle Bag or Suitcase	1
Small Backpack for Day Hikes	1
Synthetic T-shirt	2
Synthetic Long Sleeve Shirt	1
Synthetic Hiking Pants (zip-off pants that become shorts are great)	1
Base Layers: top and bottom (non-cotton leggings/long underwear)	1
Underwear	3 pairs
Hiking Socks (wool/synthetic)	3 pairs
Liner Socks (very thin socks that prevent blisters)	1 pair
Hiking Boots	1 pair
Camp Shoes (must be closed-toe: e.g. crocs or old tennis shoes)	1 pair
Lightweight Gloves	1 pair
Sun Hat or Ball Cap and Bandana	1 each
32oz Water Bottle (Nalgene brand or similar)	2
Sunglasses, Sunscreen, Lip Balm, Bug Spray (travel sizes)	1 each
Personal Hygiene: Towel, Toothbrush/paste, deodorant, shampoo/conditioner, feminine hygiene products, etc. (travel sizes)	1 each
Personal Hand Sanitizer and Face Masks	1 bottle, 2 masks
Pocket Knife, Watch, Sunglasses Retainer, Camera, Lightweight/Durable Coffee Mug	OPTIONAL