



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.

Backpacking

A complete packing list for the backpacking portion of your course is provided below, including both the items that are available from COR *free of charge* and the items that you must bring yourself. Please submit your gear reservation form for the items available from COR by August 13 to guarantee proper sizing and availability.

- Pack items suitable for backpacking – i.e. lightweight and compressible
- NO COTTON CLOTHING (you may bring cotton clothing for the non-backpacking portion of the course)
- Expedition Backpacks should have a capacity of 65+10L or more
- 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 the 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 from warm and sunny to snow! Temperatures drop significantly at night, so warm layers are essential.
- COR Expeditions provides all tents, stoves, cooking supplies and group gear. You do not need to bring these items but you are welcome to if you would prefer to use your own equipment. Tents will be shared (separate tents for male and female) and group gear such as stoves and cooking supplies will be distributed among all participants.
- **Backpacking Gear Rental Information**
 - 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!



Backpacking Packing List

Items Available from COR (no additional cost)*

*Fill out a gear reservation form 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
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
Synthetic T-shirt	1
Synthetic Long Sleeve Shirt	1
Synthetic Hiking Pants (zip-off pants that become shorts are great)	1
Rain Pants (shell layer)	OPTIONAL
Base Layers: top and bottom (leggings/long underwear)	1
Underwear	1-2 pairs
Hiking Socks (wool/synthetic)	1-2 pairs
Liner Socks (very thin socks that prevent blisters)	1 pair
Hiking Boots or Hiking Shoes (no running shoes)	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)	1
Sunglasses, Sunscreen, Lip Balm, Bug Spray (travel sizes)	1 each
Personal Hygiene: Toothbrush/paste, feminine hygiene products, hand sanitizer, etc. (travel sizes)	1 each
Pocket Knife, Watch, Sunglasses Retainer, Camera, Lightweight/Durable Coffee Mug	OPTIONAL



At the COR Ranch

In addition to the items required for the backpacking portion of the course, you should bring a variety of clothing to accommodate varying temperatures, sun, bugs, etc. while you are at the COR Ranch. You will spend the majority of your time at the ranch outside, including practice scenarios on the ground in the grass and dirt, so please plan accordingly. You may wear cotton (jeans, t-shirts, sweatshirts, etc.) at the ranch, but not on the backpacking trip.

- **Bedding:** You do not need to bring bedding. Your beds will be clean and made upon arrival. COR does *not* have daily linen service; however, there is a laundry room available if you need to do any laundry.
- **Bathroom Linens:** COR will provide hand towels in each bathroom - please bring your own bath towel.
- **Toiletries:** Bring deodorant, shampoo/conditioner, etc.
- **Snacks and Drinks:** The COR Ranch is in a remote location where you will not have access to a gas station or grocery store. You should bring any additional snacks, caffeinated/energy drinks (coffee will be provided each morning), adult beverages, etc. that you will need for the duration of the course. All meals are provided.

Wilderness First Responder Course

Please bring the following items for the course:

- The textbook, *Wildcare*, which you will receive ahead of time
- Notebook and pen or pencil
- A watch that shows seconds