

CLOTHING AND EQUIPMENT LIST

Overnight Gear Leadership
BOEC-WILDERNESS PROGRAM
BRECKENRIDGE, CO
ELEVATION, 9,600 FT

SUMMER

Daytime temperatures range from 40-85 degrees Fahrenheit. At night, temperatures can drop as low as 20 degrees. Please bring all items listed so you will be prepared for all types of weather.

Please clearly label all items. () suggested quantities for a 4-day program.

Because of the wide range of temperatures possible, it is best to bring several layers of clothing that can be taken off or put on to accommodate the weather and varying activity levels. **Cotton clothing of any type does not work as well as an isolative fabrics such as wool or polypropylene.** These fabrics breathe and retain heat even when wet. These fabrics are recommended for all programs.

- **Warm jacket (1)
- Synthetic sweater/or fleece shirt (1)
- Long pants (2)
- Shorts (1)
- Long sleeved cotton t-shirt/t-neck (1)
- T-shirts (3)
- Hiking boots (1)
- Sneakers (1)
- Wool synthetic socks (3)
- Underwear (3)
- **Long underwear (top & bottom-synthetic fabrics only) (1)
- Gloves/mittens (1)
- **Rain gear (top & bottom) (1)
- Hat w/visor (1)
- **Warm knit hat (1)
- Sunglasses w/strap (1)
- Small Flashlight w/batteries (1)
- **Day pack-small (1)
- **Sleeping bag w/stuff sac (1)overnights only
- **Sleeping Pad (1)overnights only
- **Water bottle w/sealable lid (1)

Prescription Medication

Chapstick/lip balm

Sunscreen (SPF 15+)

Insect Repellent

Camera & flim (optional)

Bandana(1)

River Gear (for River days only)

Old sneakers/river sandals (1 of either **NO FLIP FLOPS**)

Swimsuit (Optional)(1)

Quick drying shorts (1)

Sun pants & Sun Shirt (optional but helpful if you are sensitive to the sun, a lightweight material to block sun)(1)

Please note that for only one day programs you do not need to pack multiples of items. Multiples are for the overnights

***These items can be provided by the BOEC, depending on availability. Please speak directly with Course Director or Agency Contact.*

**No cell phones or personal entertainment devices.
The BOEC is not responsible for personal belongings.
A replacement cost will be assessed for any lost or damaged BOEC equipment.**