



## 7/7 FATHER FAMILY PACKING LIST

### Let's Get Packing!

Whether this is your first expedition or you are a seasoned adventurer, having the right gear for your course can make all the difference, and we're here to get you 100% ready to go! There is no need to buy all new equipment for your first trip! Follow these money saving tips below to have what you need without breaking the bank.

### Money saving tips to get what you need:

#### 1. Use What You Have or Borrow It

We recommend you start with looking over the packing list and seeing what you already have. Don't have it? See if you can borrow it from an outdoorsy friend!

#### 2. Rent It

SROM has a variety of items that you can rent at an affordable rate. We strongly recommend this for big ticket items like a backpack.

#### 3. Shop the Sales

Don't wait until the last minute to purchase equipment! At the end of the packing list we have provided a list of retailers you can check out to find great deals.

#### 4. Purchase It

Often, you get what you pay for in terms of quality, but that doesn't mean you need the nicest items. Think about how much use you would like to get out of the gear you purchase, and that can help you determine how much you want to invest in an item.

### Using This Packing List

Our packing lists are detailed to help equip participants with functioning gear that has been successful on SROM courses for over 40 years! Trust us when we say that the items listed as **Required** are non-negotiable. You must have items listed as required. **Recommended** items you may greatly appreciate having while on course, but they are not required. **Optional** items are things you might appreciate having depending on your preferences. All items we have available to rent are listed with a price under the rental column. Our rental and equipment policies can be located after the packing list.

### Questions?

If you have questions about gear, feel free to connect with our Customer Support staff by emailing [support@srrom.org](mailto:support@srrom.org) or calling 307.755.0642. We look forward to helping you prepare!

| Personal Gear      |     |                                 |                                                                                                                    |                                 |
|--------------------|-----|---------------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------|
| Level of Necessity | Qty | Item                            | Description & Examples                                                                                             | Rental Price                    |
| Required           | 1   | *Internal Frame Backpack        | Expedition-quality 70 - 80 Liters. See below.                                                                      | \$20.00                         |
| Required           | 1   | Rain Cover for Pack             | Pack cover must be large enough to cover your pack fully.                                                          | Included in backpack rental     |
| Required           | 1   | Sleeping Bag                    | Mummy bag ranging from 0 - 25 °F. Down or synthetic.                                                               | \$15.00                         |
| Required           | 1   | Compression Stuff Sack          | Medium size stuff sack with compression straps. Must fit your sleeping bag.                                        | Included in sleeping bag rental |
| Optional           | 1   | Sleeping Bag Liner              | Lightweight liner to help keep your sleeping bag cleaner and warmer. Silk recommended.                             | X                               |
| Required           | 1   | Sleeping Pad                    | Full-length closed cell foam pad or lightweight inflatable pad; R value ≥ 2; max width 25"                         | \$ 10.00                        |
| Required           | 1   | Sleeping Pad Repair Kit         | In case of a hole in your inflatable sleeping pad                                                                  | Included in pad rental          |
| Optional           | 1   | Camp Pillow                     | Small, lightweight, packable, inflatable camp pillow                                                               | X                               |
| Required           | 1   | Trekking Poles                  | Trekking poles that are lightweight and collapsible. Black Diamond highly recommended.                             | \$10.00                         |
| Required           | 1   | Headlamp (with fresh batteries) | Lightweight and durable LED headlamp                                                                               | X                               |
| Required           | 2-4 | Spare Headlamp Batteries        | 1 set of replacement batteries for your headlamp                                                                   | X                               |
| Required           | 1   | Camp Chair (or Chair Kit)       | Crazy Creek Hexalite chair style: simple, lightweight chair for comfort during lessons and meals.                  | \$7.00                          |
| Required           | 1   | Camp Bowl with Lid              | Lightweight bowl (~32oz) with secure lid. GSI Fairshare highly recommended.                                        | X                               |
| Required           | 1   | Personal Spoon                  | Durable and lightweight. No "Light My Fire" utensils.                                                              | X                               |
| Required           | 1   | GSI Pot Scraper                 | Great for keeping your dishes clean in the backcountry!                                                            | X                               |
| Recommended        | 1   | Drink mug                       | Lightweight mug with a lid for hot drinks                                                                          | X                               |
| Required           | 1   | Nalgene Water Bottle            | 1 Liter hard plastic, light-weight bottle                                                                          | X                               |
| Required           | 1   | Water Bladder                   | Durable 2-3 Liter hydration bladder.<br>Recommended brands: Camelbak, Platypus, or Osprey                          | X                               |
| Required           | 1   | Wrist Watch                     | Waterproof watch with an alarm. Please know how to set the alarm on your watch.<br><b>No smartwatches allowed.</b> | X                               |
| Required           | 1   | Pocket Knife or Multi-tool      | Simple, lightweight, collapsible blade (2-3 inches blade length)                                                   | X                               |
| Required           | 1   | Emergency Whistle               | Small, light, loud whistle. Must be separate from a whistle attached to a pack strap.                              | X                               |

|                 |   |                   |                                                |   |
|-----------------|---|-------------------|------------------------------------------------|---|
| <b>Required</b> | 1 | Mosquito Head net | Should fit over a ball cap and cover your neck | X |
|-----------------|---|-------------------|------------------------------------------------|---|

**Backpacks** must be 70-80 liters. Internal frame packs are required. If you are purchasing a pack at a store, please discuss sizing and fit with an outdoor salesperson and ask them for help choosing the best pack for you. Be sure to specify that you are going on a multi-day backpacking expedition. If a retail associate tries to steer you away from such a large pack, please be assured you do need the pack size listed. If you are unable to find a pack large enough at a store, there are many options online. We recommend Gregory®, Osprey®, Deuter®, and REI® as they provide high quality packs and have helpful websites. We do not recommend Jansport®, Kelty®, or Coleman®, and if you already have a pack from one of these brands, you must speak with SRM Customer Support before bringing your pack.

| Personal Clothing           |            |                                   |                                                                                                     |              |
|-----------------------------|------------|-----------------------------------|-----------------------------------------------------------------------------------------------------|--------------|
| Level of Necessity          | Qty        | Item                              | Description & Examples                                                                              | Rental Price |
| <b>Required</b>             | 1          | Long Sleeve Sunshirt or Sun Hoody | Lightweight wool or synthetic fabric for sun protection                                             | X            |
| Recommended                 | 1          | Long Sleeve Base Layer            | Light-weight base layer; Synthetic or Wool (wool recommended)                                       | X            |
| Recommended                 | 1          | Short Sleeve Base Layer           | Short sleeve wicking shirt or modest tank top                                                       | X            |
| <b>Required</b>             | 1          | Long Sleeve Insulating Pull-over  | Mid to light-weight fleece                                                                          | X            |
| <b>Required</b>             | 1          | Down or Synthetic Jacket          | Long sleeve insulated jacket (down or synthetic). Hooded preferred. 600+ fill for down recommended. | \$20.00      |
| <b>Required</b>             | 1          | Rain Jacket                       | Waterproof, lightweight, packable with a hood                                                       | \$20.00      |
| <b>Required</b>             | 1          | Rain Pants                        | Waterproof, lightweight, packable; full-length side zippers highly recommended                      | X            |
| <b>Required</b>             | 1          | Long Nylon Hiking Pants           | Long hiking pants; convertible pants optional but not necessary                                     | X            |
| <b>Required</b>             | 1          | Long Underwear Bottoms            | Long underwear baselayer bottoms, wool or synthetic                                                 | X            |
| Optional                    | 1          | Hiking Shorts                     | Nylon, quick dry                                                                                    | X            |
| Optional                    | 1          | T-shirt                           | 1 cotton t-shirt or tank for sleeping                                                               | X            |
| <b>Required</b>             | 2-3        | Underwear                         | Synthetic, quick drying                                                                             | X            |
| <b>Required (for women)</b> | 1-2        | Sports Bra                        | Synthetic, quick drying                                                                             | X            |
| <b>Required</b>             | 2 - 3 pair | Hiking Socks                      | Medium weight wool or synthetic blend hiking socks                                                  | X            |
| Recommended                 | 1 pair     | Liner Socks                       | Lightweight wool or synthetic blend liner socks                                                     | X            |
| <b>Required</b>             | 1          | Insulating Hat                    | Warm wool or fleece hat; should cover your ears                                                     | X            |
| <b>Required</b>             | 1          | Ball Cap / Visor / Sun Hat        | For sun protection                                                                                  | X            |
| Recommended                 | 1          | Thin Gloves                       | Warm, lightweight fleece or wool gloves                                                             | X            |

**Clothing** should be lightweight and designed for backpacking. Cotton is not allowed other than for a sleeping shirt. Nylon pants and quick-dry shirts will be the clothes you spend most of your time in. Temperature in the mountains can swing between extremes. Your clothing will need to protect you from the sun as well as insulate you.

**Rain Gear** is crucial equipment in mountain climates. It not only keeps you dry when it counts, but it also acts as a protective outer shell against wind and cold. Rain pants and rain jackets must be rated “waterproof” by the manufacturer (such as Gore-Tex® or Conduit®), and be of a lightweight, minimal design for backpacking. Ski jackets with lots of pockets are not acceptable.

| Foot Protection    |     |                           |                                                                                                                                                                                                                                                    |
|--------------------|-----|---------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Level of Necessity | Qty | Item                      | Description & Examples                                                                                                                                                                                                                             |
| <b>Required</b>    | 1   | *Boots                    | Please see information below regarding boots and recommendations.                                                                                                                                                                                  |
| <b>Required</b>    | 1   | Camp Shoes                | Lightweight, fast-drying, <b>closed-toed</b> shoes for use around camp and during stream crossings. Absolutely no Chaco sandals, flip flops, FiveFingers, or normal Crocs. Old lightweight running shoes with good traction are ideal, no leather. |
| Optional           | 1   | *Gaiters                  | Durable and full-length with a thick Velcro closure; do not buy zip-up gaiters. See below.                                                                                                                                                         |
| <b>Required</b>    | 1   | Personal blister care kit | 1 roll of athletic tape or Leuko tape and 1 sheet of moleskin                                                                                                                                                                                      |

### Boot Selection

Your boots are the most important piece of equipment that you will buy for your course. Foot care cannot be taken lightly in the backcountry; protecting your feet is vital to safety and success. Boots must be above the ankle. Below you will find a list of boots that are recommended for your course. We have chosen these boots because they have proven functional, durable, and comfortable through the demands of 7 day expeditions. In general, more expensive boots will perform better and have a longer lifespan. There are a spectrum of boots listed below. Within each brand, the more sturdy and supportive boot is listed at the top, scaling down from there. Lowa, La Sportiva, Scarpa, and Asolo are higher quality and more durable boots which will likely last longer than the other brands listed. Keen, Merrell, Columbia, and HiTec will likely wear out faster and not last as long but should still suffice for this course. If you think your teen will continue to use these boots into the future, it may be worth investing in some of the higher quality ones listed. We will be checking in with you leading up to your course regarding your boot selection. Please reach out with questions in the meantime.

*(Companies frequently rename boot models, so please visit their website or contact us if you have questions regarding boot model names.)*

|                                                                                                                 |                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| <b>Lowa:</b><br>Camino GTX (Men) /<br>Mauria GTX (Women)<br>Trek Evo GTX<br>Explorer II GTX<br>Renegade GTX Mid | <b>Keen:</b><br>Pyrenees<br>Targhee Mid Waterproof<br>Revel III (Not Revel IV) (Men's only)<br>Durand II Waterproof (Men's only) |
| <b>La Sportiva:</b><br>Trango TRK<br>Nucleo High II GTX<br>Ultra Raptor II Mid GTX                              | <b>Merrell:</b><br>Moab 2 or 3 Mid Waterproof<br>Phaserbound 2 Tall Waterproof                                                   |
| <b>Scarpa:</b><br>Zodiac Plus GTX<br>Kailash Trek GTX<br>Boreas GTX                                             | <b>Columbia:</b><br>Crestwood Mid WP<br>Newton Ridge Plus Waterproof                                                             |
| <b>Asolo:</b><br>TPS 520 GV Evo                                                                                 |                                                                                                                                  |

If you are an avid hiker and already have a pair of great boots and do not want to buy a new pair, please email support@srom.org. Provide specific information about your boots (brand, style) or include a link to the exact boots, and we will individually advise you.

**Note:** Please do not try to cut costs by buying a cheaper boot; cheap boots are ultimately much more costly than well-made boots. Failure to arrive at SROM with an appropriate boot may result in your removal from the course. SROM reserves the right to have you removed from course if you do not have footwear that is well-fitting, broken-in, and has sufficient foot and ankle protection.

### Gaiters

Gaiters are an optional item for your course. If you choose to purchase gaiters, do not buy zip-up gaiters, as the zippers consistently get jammed and become unusable. Thick Velcro strips on the front of gaiters work best. SROM recommends Outdoor Research gaiters. If you want durability and to be able to wear them again and again, we recommend the Outdoor Research Crocodile Gaiters. The Outdoor Research Helium gaiters will also work but will not have as long of a life span.

| Personal Toiletries  |           |                                                 |                                                                                                                                                                            |
|----------------------|-----------|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Level of Necessity   | Qty       | Item                                            | Description & Examples                                                                                                                                                     |
| Required             | 1         | Sun screen                                      | Minimum SPF 30; 3 - 4 oz bottle                                                                                                                                            |
| Required             | 1         | Lip balm                                        | Chapstick with SPF 15+                                                                                                                                                     |
| Required             | 1         | Toothbrush                                      | Travel toothbrush (with a cover for bristles) is ideal.                                                                                                                    |
| Required             | 1         | Toothpaste                                      | Travel size (1 oz) tube                                                                                                                                                    |
| Required             | 1         | Hand sanitizer                                  | Travel size (1-2 oz) bottle                                                                                                                                                |
| Required             | 1         | Wet wipes                                       | 1-2 wipes per day in small package or ziploc                                                                                                                               |
| Required             | 1         | Personal waste disposal bag                     | Quart size Ziploc bag to pack out wet wipes, toilet paper, feminine hygiene products, etc. (You may want to cover the outside in duct tape.)                               |
| Required             | 1         | Biodegradable soap                              | Travel size 2-3 oz bottle                                                                                                                                                  |
| Required             | 1         | Insect repellant                                | Small 3 - 4 oz bottle of potent insect repellant. No aerosol cans.                                                                                                         |
| Required (for women) | As needed | Feminine hygiene products                       | Enough tampons or pads for 1 cycle; extra wet wipes.                                                                                                                       |
| Required             | 1         | Bag for toiletries                              | Small, lightweight bag for keeping personal toiletries organized                                                                                                           |
| Required             | 1         | Personal medications, glasses, and/or contacts. | SROM instructors carry many OTC medications in the first aid kits. However, if you regularly take an OTC med., please bring your own supply. Bring your own prescriptions. |

We list "travel size" for all of your toiletries to cut down on the size and weight that you will be carrying.

Please note that the soap you bring on course must be biodegradable. We recommend Dr. Bronner's® liquid soap, though there are many options available at any outdoor store.

*This list does not include items such as deodorant, lotion, shampoo, conditioner, face wash, etc. You may bring these items with you to use while you are at the SROM base before and after your course, but do not plan on bringing them into the field unless specifically noted by your physician as a medical necessity.*

**Personal Medication:** If you are bringing prescriptions, we need full disclosure of the medications you are bringing on your course Medical Form. All prescriptions must be under your name (or minor's name) and in their original containers. Minors' medications will be carried by the course instructors and given out according to the dosage/frequency as listed on the Medical Form and the medication container. Students with anaphylactic allergies will be allowed to carry their personal epi-pen.

| Personal Items     |     |                                                                                                                                                                                                       |                                                                                                                                                                                                       |                       |
|--------------------|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| Level of Necessity | Qty | Item                                                                                                                                                                                                  | Description & Examples                                                                                                                                                                                | Gear Kit Availability |
| <b>Required</b>    | 1   | Sunglasses                                                                                                                                                                                            | 100% UV protection; no metal frames                                                                                                                                                                   | X                     |
| Recommended        | 1-2 | Buff or Bandanas                                                                                                                                                                                      | Helpful for personal hygiene, cooking, and cleaning                                                                                                                                                   | Glory kit (1 buff)    |
| <b>Required</b>    | 1   | Bible                                                                                                                                                                                                 | Lightweight travel size, includes both Old and New Testaments                                                                                                                                         | X                     |
| <b>Required</b>    | 1-2 | Pens/Pencils                                                                                                                                                                                          | For journaling or taking notes during lessons                                                                                                                                                         | X                     |
| Optional           | 1   | Notebook/Journal                                                                                                                                                                                      | SROM provides students a 5.5 x 3.5 inch custom 40-page journal. Students may choose to bring an additional notebook or journal; should be compact and lightweight.                                    | X                     |
| <b>Required</b>    |     | Extra cash and/or credit card                                                                                                                                                                         | \$20 - \$40 for dinner at a restaurant the last night of course and possible gas station snacks on the road during course                                                                             | X                     |
| Recommended        |     | Personal snacks                                                                                                                                                                                       | SROM provides all the food you will need. If there are snacks you would like to have (Clif bars, gummies, jerky, dried fruit, etc.), you may bring 1 Quart size ziploc worth with you into the field. | X                     |
| Optional           |     | Electrolytes                                                                                                                                                                                          | ~1/day powdered electrolyte packs - many good brands available, recommend LMNT, Propel, Nuun, etc                                                                                                     |                       |
| Optional           |     | *Coffee or other hot beverage                                                                                                                                                                         | SROM provides hot tea and hot cocoa <b>but no coffee</b> . If desired, bring your own and a way to brew it. See below "Drinks."                                                                       | X                     |
| Recommended        | 1   | Camera                                                                                                                                                                                                | Small, lightweight camera with durable case. <b>Cell phones are not allowed on course.</b>                                                                                                            | X                     |
| Optional           | 1   | Backpackers Fishing Pole and Tackle                                                                                                                                                                   | Pole should break down into 3 - 5 pieces. No live bait. You must have or purchase a Wyoming fishing license in order to fish on course.                                                               | X                     |
| Optional           | 1   | Deck of playing cards                                                                                                                                                                                 |                                                                                                                                                                                                       | X                     |
| Optional           | 1   | Binoculars                                                                                                                                                                                            |                                                                                                                                                                                                       | X                     |
| <b>Required</b>    | 1   | Extra change of clothes for use at the beginning and end of the course while students are at the building. There will be a place to store belongings at SROM and lock away valuables while on course. |                                                                                                                                                                                                       |                       |

## Start Preparing

There is a lot to get before your course, so please start looking now. It will be very difficult and stressful to try and cram all of your shopping and packing into the last week before your course. If you start now you will have more time to find exactly what you need at the most reasonable price.

We recommend looking online for discounted prices. Doing a quick Google Shopping search will often yield helpful results with a good idea of a reasonable price range. Additionally, we've listed a few websites that often offer good discounts on equipment:

- Sierra ([www.sierra.com](http://www.sierra.com))
- REI Outlet ([www.rei.com/outlet](http://www.rei.com/outlet))
- Steep and Cheap ([www.steepandcheap.com](http://www.steepandcheap.com))
- The Clymb ([www.theclymb.com](http://www.theclymb.com))
- BackCountry ([www.backcountry.com](http://www.backcountry.com))

- MooseJaw ([www.moosejaw.com](http://www.moosejaw.com))
- Gear Trade ([www.geartrade.com](http://www.geartrade.com))

## SROM Equipment Policy

SROM equipment selection and the outfitting of each student are critical to the success of each course. Proper equipment drastically affects the course in terms of safety and comfort. At the beginning of each course, students check out group gear. During this gear check-out time, students inspect equipment and note any pre-existing wear or damage. When students return gear, SROM staff inspect it as it is checked in. Any gear damage observed at check-in that was not previously noted at the time of check-out becomes the financial responsibility of the students. Lost or damaged group gear will be charged on a pro-rata basis to all members of the group that were using the gear. Students will be informed of all charges related to damaged or lost gear, and those itemized charges will be added to their invoice.

## Other Useful Things to Know for Packing

### Gluten-Free Information

SROM provides high-quality backcountry food, and teaches students how to successfully cook meals from a ration system. We also seek to accommodate food allergies when feasible. However, due to the increased cost of providing a gluten-free ration, any student requesting to eat gluten-free (whether due to medical necessity or personal dietary preference) will be charged an additional \$100. Thank you for understanding this policy.

### Drinks

SROM provides teas (caffeinated and non-caffeinated) and hot cocoa in the food rations but **not** coffee. Students who crave a cup of coffee will need to bring their own coffee and supplies. In the SROM Store, we sell the MSR MugMate coffee/tea infusers which are a great way to brew coffee in the backcountry. Instant coffee is another good option! If you have questions or need suggestions for “brewing up” in the backcountry, feel free to reach out, and we’d love to help!