



5 Day Rocky Mountain Teen Trek

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. Advance notice is requested.

3. Purchase a Gear Kit

SROM sells gear kits with discounted pricing. This is an excellent option if you have quite a few items to get and would like to be well equipped for your outdoor adventure with SROM and beyond. Read more here: [Details about SROM Gear Kits](#) Please note, these gear kits have an early deadline for purchase!

4. 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.

5. 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@srom.org or calling 307.755.0642. We look forward to helping you prepare!

Level of Necessity	Qty	Item	Description & Examples	Gear Kit Availability	Rental Price
Required	1	*Internal Frame Backpack	Expedition-quality 60 - 70 Liters. See below.	Essentials kit	\$15.00
Required	1	Rain Cover for Pack	Pack cover must be large enough to cover your pack fully.	Essentials kit	Included in backpack rental
Required	1	Sleeping Bag	Mummy bag ranging from 0 - 20 °F. Down or synthetic.	Essentials kit	\$10.00
Required	1	Compression Stuff Sack	Medium size stuff sack with compression straps. Must fit your sleeping bag.	Essentials kit	Included in sleeping bag rental
Optional	1	Sleeping Bag Liner	Lightweight liner to help keep your sleeping bag cleaner and warmer. Silk recommended.	X	X
Required	1	Sleeping Pad	Full-length closed cell foam pad or lightweight inflatable pad	Essentials kit	\$ 7.00
Required	1	Sleeping Pad Repair Kit	In case of a hole in your inflatable sleeping pad	Essentials kit	Included in pad rental
Optional	1	Camp Pillow	Small, lightweight, packable, inflatable camp pillow	X	X
Required	1	Trekking Poles	Trekking poles that are lightweight and collapsible. Black Diamond highly recommended.	Essentials kit	\$7.00
Required	1	Headlamp (with fresh batteries)	Lightweight and durable LED headlamp	Essentials kit	X
Required	2-4	Spare Headlamp Batteries	1 set of replacement batteries for your headlamp	X	X
Required	1	Camp Chair (or Chair Kit)	Crazy Creek Hexalite chair style: simple, lightweight chair for comfort during lessons and meals.	Essentials kit	\$5.00
Required	1	Camp Bowl with Lid	Lightweight bowl (~32oz) with secure lid. GSI Fairshare highly recommended.	Glory kit	X
Required	1	Personal Spoon	Durable and lightweight. No "Light My Fire" utensils.	Glory kit	X
Required	1	GSI Pot Scraper	Great for keeping your dishes clean in the backcountry!	Glory kit	X
Recommended	1	Drink mug	Lightweight mug with a lid for hot drinks	X	X
Required	1	1 Liter Nalgene Water Bottle	1 Liter hard plastic, light-weight bottle	Essentials kit (includes 1 Nalgene and 1 Bladder)	X
Required	1	Additional 1 Liter Nalgene OR a 2-3 L Water Bladder	Recommended bladder brands: Camelbak, Platypus, or Osprey	Essentials kit (includes 1 Nalgene and 1 Bladder)	
Required	1	Wrist Watch	Waterproof watch with an alarm. Please know how to set the alarm on your watch. No smartwatches allowed.	X	X
Required	1	Pocket Knife or Multi-tool	Simple, lightweight, collapsible blade (2-3 inches blade length)	Glory kit	X

Required	1	Emergency Whistle	Small, light, loud whistle. Must be separate from a whistle attached to a pack strap.	Glory kit	X
Optional	1	Mosquito Head net	In case of mosquitos (often not needed on this course)	Glory kit	X

Backpacks must be at least 60-70 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 SROM Customer Support before bringing your pack.

Personal Clothing					
Level of Necessity	Qty	Item	Description & Examples	Gear Kit Availability	Rental Price
Required	1	Long Sleeve Sunshirt or Sun Hoody	Lightweight wool or synthetic fabric for sun protection	X	X
Recommended	1	Long Sleeve Base Layer	Light-weight base layer; Synthetic or Wool (wool recommended)	Clothing kit	X
Recommended	1	Short Sleeve Base Layer	Short sleeve wicking shirt or modest tank top	Clothing kit	X
Required	1	Long Sleeve Insulating Pull-over	Mid to light-weight fleece	Clothing kit	X
Required	1	Down or Synthetic Jacket	Long sleeve insulated jacket (down or synthetic). Hooded preferred. 600+ fill for down recommended.	Clothing kit	\$15.00
Required	1	Rain Jacket	Waterproof, lightweight, packable with a hood	Clothing kit	\$15.00
Recommended	1	Rain Pants	Waterproof, lightweight, packable; full-length side zippers highly recommended	Clothing kit	X
Required	1	Long Nylon Hiking Pants	Long hiking pants; convertible pants optional but not necessary	X	X
Required	1	Long Underwear Bottoms	Long underwear baselayer bottoms, wool or synthetic	X	X
Optional	1	Hiking Shorts	Nylon, quick dry	X	X
Optional	1	T-shirt	1 cotton t-shirt or tank for sleeping	X	X
Required	2-3	Underwear	Synthetic, quick drying; no cotton	X	X
Required (for women)	1-2	Sports Bra	Synthetic, quick drying	X	X
Required	2 - 3 pair	Hiking Socks	Medium weight wool or synthetic blend hiking socks	X	X
Recommended	1 pair	Liner Socks	Lightweight wool or synthetic blend liner socks	X	X
Required	1	Insulating Hat	Warm wool or fleece hat; should cover your ears	X	X
Required	1	Ball Cap / Visor / Sun Hat	For sun protection	X	X

Recommended	1	Thin Gloves	Warm, lightweight fleece or wool gloves	Clothing kit	X
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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.

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

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 5 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, and Scarpa 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.)

Lowa: Trek Evo GTX Explorer II GTX Renegade GTX Mid	Keen: Pyrenees Targhee Mid Waterproof Revel III (Not Revel IV) (Men's only) Durand II Waterproof (Men's only)
La Sportiva: Trango TRK Nucleo High II GTX Ultra Raptor II Mid GTX	Merrell: Moab 2 or 3 Mid Waterproof Phaserbound 2 Tall Waterproof
Scarpa: Kailash Trek GTX Boreas GTX	Columbia: Crestwood Mid WP Newton Ridge Plus Waterproof

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	Gear Kit Availability	Rental Price
Required	1	Sun screen	Minimum SPF 30; 3 - 4 oz bottle	Glory kit	X
Required	1	Lip balm	Chapstick with SPF 15+	Glory kit	X
Required	1	Toothbrush	Travel toothbrush (with a cover for bristles) is ideal.	Glory kit	X
Required	1	Toothpaste	Travel size (1 oz) tube	Glory kit	X
Required	1	Hand sanitizer	Travel size (1-2 oz) bottle	Glory kit	X
Required	1	Wet wipes	1-2 wipes per day in small package or ziploc	X	X
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.)	X	X
Required	1	Biodegradable soap	Travel size 2-3 oz bottle	Glory kit	X
Optional	1	Insect repellant	Small 3 - 6 oz bottle of potent insect repellant. No aerosol cans.	Glory kit	X
Required (for women)	As needed	Feminine hygiene products	Enough tampons or pads for 1 cycle; extra wet wipes	X	X
Required	1	Bag for toiletries	Small, lightweight bag for keeping personal toiletries organized	X	X
Required	1	Personal medications, glasses, and/or contacts.	SROM instructors carry many OTC medications in the first aid kits. Bring your own prescriptions.	X	X

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	Rental Price
Required	1	Sunglasses	100% UV protection; no metal frames	X	X
Recommended	1-2	Buff or Bandanas	Helpful for personal hygiene, cooking, and cleaning	Glory kit (1 buff)	X

Required	1	Bible	Lightweight travel size, includes both Old and New Testaments	X	X
Required	1-2	Pens/Pencils	For journaling or taking notes during lessons	X	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	X
Required		Extra cash and/or credit card	\$15 - \$20 for dinner at a restaurant the last night of course	X	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 Sandwich size ziploc worth with you into the field.	X	X
Optional		*Coffee or other hot beverage	SROM provides hot tea and hot cocoa but no coffee . If desired, bring your own and a way to brew it. See below "Drinks."	X	X
Recommended	1	Camera	Small, lightweight camera with durable case. Students are not allowed to use cell phones for cameras.	X	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	X
Optional	1	Deck of playing cards		X	X
Optional	1	Binoculars		X	X
Required	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)
- REI Outlet (www.rei.com/outlet)
- Steep and Cheap (www.steepandcheap.com)
- The Clymb (www.theclymb.com)
- BackCountry (www.backcountry.com)
- MooseJaw (www.moosejaw.com)
- Gear Trade (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.

Rental Items

Customer Support will be in touch before your course starts to see if you would like to rent any personal gear items from SROM. It is helpful for us to have this information before you arrive for your course; however, if you are unsure of your rental needs until you arrive, we will likely still be able to rent you the items you need when you arrive with no advance notice. Payment in full for rental items is required before equipment is taken into the field. As with the group gear, you are responsible for any damage while using these items on course.

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 \$75.00. 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!