



Premier Education 2025

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.

Using This Packing List

Our packing lists are detailed to help equip participants with functioning gear that has been successful on SRM 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@sr.com or calling 307.755.0642. We look forward to helping you prepare!

Personal Gear				
Level of Necessity	Qty	Item	Description & Examples	Rental Available
Required	1	Daypack backpack	Backpack for day hiking and climbing sections to hold food, water, layers, etc. Normal size of around 20 Liters.	X
Required	1	*Internal Frame Backpack	Expedition-quality, 70-85 Liters for backpacking. See below.	Yes
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 - 20 °F. Down or synthetic.	Yes
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"	Yes
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.	Yes
Required	1	Headlamp (with fresh batteries)	Lightweight and durable LED headlamp (preferably not rechargeable headlamps)	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.	Yes
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. 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. No smartwatches allowed.	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
Recommended	1	Mosquito Head net	Should fit over a baseball cap and cover your neck	X

Backpacks must be at least 70-85 liters. Internal frame packs are required. We recommend Gregory®, Osprey®, Deuter®, and REI® as they provide high quality packs and have helpful websites. We do not recommend Jansport®, Kelty®, Coleman®, or AmazonBasics Brands. If you already have a pack from one of these brands, you must speak with SROM Customer Support before bringing your pack. If you are purchasing a pack at a store, please ask an outdoor salesperson for help choosing a pack that is the right size and fit 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.

Climbing Gear				
Level of Necessity	Qty	Item	Description & Examples	Rental Available
Required	1	Climbing helmet	Different from a bike or snowboarding helmet. Must be UIAA approved.	Yes
Required	1	Climbing harness	Must be UIAA approved.	Yes
Required	1	Belay device	Tube belay (ATC) for double-rope rappel.	Included in harness rental
Required	1	Belay carabiner	Large locking carabiner (e.g., Black Diamond RockLock)	Included in harness rental
Required	1	Rock climbing shoes	Shoes should be comfortable for all-day use.	Yes

Personal Clothing				
Level of Necessity	Qty	Item	Description & Examples	Rental Available
Required	2	Long Sleeve Sunshirt or Sun Hoody	Lightweight wool or synthetic fabric for sun protection	X
Recommended	2	Long Sleeve Base Layer	Light-weight base layer; Synthetic or Wool (wool recommended)	X
Recommended	2	Short Sleeve Base Layer	Short sleeve wicking shirt or modest tank top	X
Required	1	Long Sleeve Insulating Pull-over	Mid to light-weight fleece	X
Required	1	Down or Synthetic Jacket	Long sleeve insulated jacket (down or synthetic). Hooded preferred. 600+ fill for down recommended.	Yes
Required	1	Rain Jacket	Waterproof, lightweight, packable with a hood	Yes
Required	1	Rain Pants	Waterproof, lightweight, packable; full-length side zippers highly recommended	X
Required	1-2	Long Nylon Pants	Long hiking pants; convertible pants optional but not necessary	X
Required	1-2	Long Underwear Bottoms	Long underwear baselayer bottoms, wool or synthetic	X
Optional	1-2	Hiking Shorts	Nylon, quick dry	X
Optional	1-2	T-shirt	1 cotton t-shirt or tank for sleeping	X

Required	4-5	Underwear	Synthetic, quick drying	X
Required (for women)	2-3	Sports Bra	Synthetic, quick drying	X
Required	3-4 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
Required	1	Insulating Hat	Warm wool or fleece hat; should cover your ears	X
Required	1	Ball Cap / Visor / Sun Hat	For sun protection	X
Required	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	
Required	1	*Boots	Please see information below regarding boots and recommendations.	
Required	1	Camp Shoes	Lightweight, fast-drying, closed-toed 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.	
Required	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 and designed for backpacking. We recommend brands such as Lowa, La Sportiva, Scarpa, and Asolo as they are high quality and durable boots which will likely have a long lifespan. Brands such as Keen, Merrell, and Columbia should still suffice for this course but likely wear out faster.

Whether you already have a pair of boots or will be purchasing new ones, please feel free to reach out to us at support@srom.org if you have questions or need help in making a selection.

Note: Please do not try to cut costs by buying a cheap 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.

Personal Toiletries			
Level of Necessity	Qty	Item	Description & Examples
Required	1	Sun screen	Minimum SPF 30; 3 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	Small package or ziploc with 12-15 wipes
Required	1	Personal waste disposal bag	Quart size Ziploc bag to pack out wet wipes, feminine hygiene products, etc. (You may want to cover the outside in duct tape.)
Required	1	Biodegradable soap	Travel size 1-2 oz bottle.
Required	1	Insect repellant	Small 2-3 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		Personal medications, glasses, and/or contacts.	SROM instructors carry many OTC medications in the first aid kits. 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

Required	1	Sunglasses	100% UV protection; no metal frames
Recommended	1-2	Buff or Bandanas	Helpful for personal hygiene, cooking, and cleaning
Required	1	Bible	Lightweight travel size, includes both Old and New Testaments
Required	1-2	Pens/Pencils	For journaling or taking notes during lessons
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.
Required		Extra cash and/or credit card	\$30 - \$40 for dinner at a restaurant the last night of course and possible gas station snacks on the road during course
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.
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."
Recommended	1	Camera	Small, lightweight camera with durable case. Students are not allowed to use cell phones for cameras.
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.
Optional	1	Deck of playing cards	
Optional	1	Binoculars	
Required	1-2	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

Premier Education is covering the cost of any personal packing list items rented by students. As with the group gear, students will be responsible for any fees associated with rental items damaged while used 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 \$150. 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!