



## 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. The second page of this document will serve as both your packing list and a gear reservation form for items that are available from COR *at no additional cost*. Please submit a completed copy of this form to our office by the date listed in your email to guarantee proper sizing and availability: [marissa@corexpeditons.org](mailto:marissa@corexpeditons.org).

- Please pack items suitable for backpacking – i.e. lightweight and compressible
- NO COTTON CLOTHING
- Expedition Backpacks should have a capacity of 65+10L or more
- If you are packing for the trip in your own backpack, please bring a second bag (book bag/duffle) to contain items that will remain in the car
- Sleeping bags should be lightweight, rated for 0° to 20°F, and have a compression sack
- Expect your layers to see some wear and tear
- Many of the items on this 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 (both in the mountains and the desert) from warm and sunny to snow! Temperatures drop significantly at night, so warm layers are essential.
- If participating in any river activities, bring one set of clothes that can get wet on the river, and a second set to change into when you get to camp.
- A clean set of clothes for your trip home is highly recommended!
- Feel free to bring a journal, a small Bible, other reading, etc.
- COR Expeditions provides all tents, stoves, cooking supplies and group gear. There is no need to bring these items unless you would like to use your own gear.

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- 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!



# GEAR RESERVATION FORM & PACKING LIST

NAME: \_\_\_\_\_

## Items Available from COR (no additional cost)\*

\*If you do not mark a quantity to rent, it is assumed that you are bringing these items yourself.

ITEM DESCRIPTION	REQUIRED	QUANTITY to RENT	SIZE (S/M/L/XL)
Mid-weight Fleece or Synthetic Sweatshirt	1		
Puffy Jacket	1		
Waterproof Rain Jacket	1		
Waterproof Rain Pants	1		
Beanie/Warm Hat	1		
Lightweight Gloves	1		
Internal Frame Expedition Backpack (65+10L or more)	1		
Sleeping Bag (rated for 0° to 20°F) w/compression sack	1		Regular/Long
Sleeping Pad	1		
Headlamp w/extra batteries	1		
Camp Chair (Crazy Creek or similar)	1		
Fishing Rod (fishing license required)	OPTIONAL		

## Items NOT Available from COR

ITEM DESCRIPTION	REQUIRED
Duffle Bag or Suitcase	1
Small Backpack for Day Hikes	1
Synthetic T-shirt	2
Synthetic Long Sleeve Shirt	1
Synthetic Hiking Pants (zip-off pants that become shorts are great)	1
Base Layers: top and bottom (leggings/long underwear)	1
Underwear	3 pairs
Hiking Socks (wool/synthetic)	3 pairs
Liner Socks (very thin socks that prevent blisters)	1 pair
Waterproof Hiking Boots	1 pair
Camp Shoes (must be closed-toe: e.g. crocs or old tennis shoes)	1 pair
Sun Hat or Ball Cap and Bandana	1 each
32oz Water Bottle (Nalgene brand or similar)	2
Sunglasses, Sunscreen, Lip Balm, Bug Spray (travel sizes)	1 each
Personal Hygiene: Towel, Toothbrush/paste, hand sanitizer, deodorant, shampoo/conditioner, feminine hygiene products, etc. (travel sizes)	1 each
Pocket Knife, Watch, Sunglasses Retainer, Camera, Lightweight/Durable Coffee Mug	OPTIONAL