

# The Woods Project June 21-July 4 2024

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.

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 fabric such as **wool** or **synthetic material**. These fabrics breathe and retain heat even when wet. These fabrics are recommended for all programs.

## Required River clothing list

- Lightweight long sleeve shirt (2)
- T shirt (2)
- Quick drying shorts (1)
- Loose fitting light cotton or quick dry pants (1)
- Long underwear synthetic top (1)
- Long underwear synthetic bottom (1)
- Lightweight synthetic jacket or sweater (1)
- Medium weight jacket\* (1)
- Underwear (4)
- Synthetic or wool socks (4 pair)
- Bandanna\* (1)
- Hat for sun protection (with visor/brim) (1)
- Dry shoes, durable for hiking and foot protection while hiking (1 pair)
- Rain gear\* (1 top and bottom)
- Warm hat (ski beanie)\* (1)

## Additional suggestions

- Lightweight gloves (1)
- Bathing suit (1)
- Cell phone protection sleeve
- Lightweight day pack
- Extra pair of light packable shoes
- Example (croc)

## Required Personal Gear

- Screw top water bottles\* (2)
- Sunglasses (2)
- Sunglass Keepers (1)
- Sunblock (1)
- Lip balm with SPF (1)
- Moisturizing Lotion (1)
- Insect repellent (1)
- Toilet Kit (toothbrush, small tube toothpaste, small biodegradable soap , comb or brush) (1)
- Small flashlight or headlamp with batteries (1)
- Small towel (1)

## Required Sleeping Gear

- Sleeping bag (light weight, mummy style)\* (1)
- Flat sheet (for sleeping when hot) (1)
- Sleeping pad\* (1)

Many people sleep best in their personal sleeping bag. You're encouraged to use yours as long as it is a lightweight mummy style that packs easily.

## Travel clothes, and extra clothes for time in Breckenridge (highly encouraged)

- Underwear (2)
- Socks (1-2)
- Pants (1-2)
- Shirts (2)
- Shoes (1)

Travel clothes refer to a separate set of clothes that are to be worn during travel days. They will be changed out of upon arrival and packed away for the end of the trip. They will not go on backpacking portion of the trip and are meant to be a clean reprieve once out of "adventure mode."

The BOEC will provide kitchen gear, PFD'S dry bags for clothing and sleeping bags and tents. Items marked with an asterisk (\*) can be provided by the BOEC if notified in advance. BOEC is not responsible for lost or broken items during the trip.

If you would like to borrow certain items or have questions, please feel free to contact us at 970-453-6422 or email us at [Claire@boec.org](mailto:Claire@boec.org)