

ADVENTURES

in good company

LIVING THE COWGIRL LIFE

PACKING LIST

FOOTWEAR

- ❑ 1 pair of **riding/cowboy boots** (required - the ranch has a limited amount of boots for borrowing)
- ❑ 1 pair of light/midweight **hiking boots or shoes** (waterproof and broken in)
- ❑ 1 pair of **water shoes** or sandals (Teva/Chaco/Keen) for river tubing
- ❑ 1 pair of comfortable **athletic shoes** for general use
- ❑ 2-3 pairs of **hiking socks**: (wool or synthetic equivalent: Smartwool, Bridgedale, Darn Tough)
- ❑ 2-3 pairs of **long socks**: (to be worn under cowboy boots)

EQUIPMENT/ESSENTIALS:

- ❑ 1 **daypack** (24-30 Liter)
- ❑ Capability to 'waterproof' your backpack. Either a **rain cover** or a heavy-duty plastic bag to line your pack.
- ❑ **Water Bottle** (1-Liter capacity, hard plastic or collapsible. These will fit into saddlebags.)
- ❑ **Sunglasses** (100% UV protection) w/retention strap
- ❑ 1-2 **bandannas/buffs**
- ❑ **Sunscreen** and **lip protection**
- ❑ **Insect repellent**
- ❑ **Cell phone, charger/power bank, headphones**
- ❑ **Small headlamp or flashlight**
- ❑ **Ear plugs** (for a good night's sleep!)

CLOTHING

- ❑ 2-3 pairs of comfortable **long pants** (can be jeans)
- ❑ 1-2 pairs of synthetic **long pants** for or hiking, fishing, and non-ranch activities (zip offs work well)
- ❑ 1-2 pairs of **shorts or 3/4 pants** (lightweight and quick drying)
- ❑ 1-2 lightweight, **long-sleeved shirt** for sun/bug protection (button up front is the best)
- ❑ 2-3 synthetic or lightweight merino **wool T-shirts or short-sleeved shirts**
- ❑ 1 pair lightweight **long underwear** top and bottoms - silk, wool or synthetic equivalent
- ❑ 1 lightweight **jacket or vest**
- ❑ 1 midweight **fleece jacket or sweater**
- ❑ 1 **rain jacket and rain pants**/rain skirt: should be a waterproof/breathable fabric like Gore-tex
- ❑ 1 **cowboy hat, wide brimmed hat, or baseball style cap** for protection from the sun/rain
- ❑ **Underwear and nightwear**
- ❑ **Sports bra** (for riding)
- ❑ 1 pair wool, Capilene, or Polartec **gloves**
- ❑ 1 lightweight **wool or fleece hat** (a **buff** can also serve as a hat)
- ❑ 2-3 changes of **comfortable clothes** for casual wear (e.g. pants and/or skirt, with a couple of tops) try Toad & Co for sustainable options!
- ❑ 1 **swimsuit** or quick-dry shorts and a sports bra/t-shirt

TOILETRIES (SMALL EVERYTHING)

- ❑ **Toothbrush** and **toothpaste**
- ❑ **Dental floss**
- ❑ **Hand sanitizer/wet wipes**
- ❑ **Shampoo & conditioner**
- ❑ **Personal items** (contact lens supplies, sanitary items, personal medications)
- ❑ **Personal first aid/patch kit:**
Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, etc.

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

OPTIONAL

- ❑ **Camera** and film/memory card (extra batteries)
- ❑ **Wristwatch/travel alarm clock**
- ❑ **Book/Journal and pen**
- ❑ **Pocketknife**
- ❑ **Compact binoculars**
- ❑ **Lightweight umbrella**
- ❑ **Trekking poles** for hiking
- ❑ **Kula cloth**
- ❑ **Short ankle gaiters**
- ❑ **2 pairs synthetic, lightweight liner socks** (optional because not everyone uses sock liners)
- ❑ **Bicycle riding shorts** (to wear under your pants for horseback riding comfort)
- ❑ **Helmet** (not required but see notes below)
- ❑ **Western Wear** (Friday night will be a dress-up night)
- ❑ **Wyoming fishing license** (if you are planning to fish)
- ❑ **Extra snacks** (snacks will also be provided)

ADVENTURES IN GOOD COMPANY'S packing list covers everything you need to ensure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs.

PERSONAL FIRST AID KIT: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, a small roll of duct tape (always helpful!), and personal medications. The guides will have a first aid kit, but having what you know works well for you is a good idea.

DAYPACKS: Your daypack should be large enough to hold the following items: 2-3 liters of water, rain gear, lunch/snacks (for the day), sunscreen, a warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity between 24 – 30 Liters (1450 and 1840 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Before you leave home, check to be sure that it is comfortable to wear all day and has sufficient space for all of your items. **Note:** For riding - saddlebags will be attached to the saddles for your items, you will not wear a backpack while riding.

NOTE: The Ranch provides 'stickers' --- they are beautiful, sunny yellow and look great in pictures! These stickers are designed to be worn over your rain jacket/parka and rain pants.

PACK COVER: These are waterproof/resistant, usually elasticized covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover, be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built-in pack covers. An alternative to purchasing a pack cover is to use a heavy-duty plastic bag to line your pack to protect the contents from rain – your pack, however, will get wet using this method.

FOOTWEAR: For riding, the VeeBar ranch requires you to wear proper riding_(cowgirl) boots. If you do not own a pair or wish to purchase a pair, the VeeBar does have boots to use. Please note, the boots for use are well worn and exact fit cannot be expected. For the scheduled hike, well-fitting, sturdy boots or trail shoes are needed. For the planned hike, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

CLOTHING: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. For the Cowgirl trip, jeans are the preferred pant. Cotton shirts are also good for riding. If you are planning on doing the hike, please bring 1 synthetic t-shirt to hike in. If you are planning on fly-fishing or other non- riding ranch activities, we recommend a synthetic pair that can be rinsed out and dry quickly. Several layers of varied-weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity. **Note:** Friday night is dress up night - you don't need to be formal but can wear your finest western clothes. The awards ceremony is in the indoor arena with a sand floor. Plan footwear accordingly.

RAIN GEAR: You will need a parka or jacket made of coated nylon or a waterproof/breathable fabric like Gore-tex, Hellytech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this necessary purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs. Partial or full-length leg zippers are helpful for easily putting your pants on over your boots.

HYDRATION: Please bring either regular 1-liter water bottles or the collapsible water bottles to use when riding. These bottles fit easily into the saddle bags provided. You cannot wear a backpack while riding so do not plan on using your hydration system when riding.

HELMETS: Helmets are not required but strongly recommended at the ranch. If you choose to bring one, please have a correctly fitted horseback riding (not bicycle) helmet. The ranch also has helmets for you to use.

TREKKING POLES: Trekking poles are optional for this trip. Trekking poles contribute to your safety by improving your balance and stability and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions: [Trekking Poles for Hiking Trips: The 4 Most Common Questions](#)

Be sure to check out the Adventures in Good Company Gear Guide—it's packed with great recommendations to help you gear up for your adventure!

Click [here](#) to view our recommendations!