

ADVENTURES

in good company

LIVING THE COWGIRL LIFE PACKING LIST

FOOTWEAR

- ❑ 1 pair **riding/cowboy boots** (required - the ranch has a limited amount of boots for borrowing)
- ❑ 1 pair of mid-weight hiking **boots** or shoes (if you are planning on hiking in the Snowy Mountains)
- ❑ 1 pair comfortable **shoes** for general use (Ex: **Crocs/Sandals**)
- ❑ 3-4 pairs hiking socks: (wool or synthetic equivalent: **Smartwool, Bridgedale, Darn Tough**)
- ❑ **Water shoes** or sandals (**Teva/Chaco/Keen**) for river tubing (highly recommended!)

EQUIPMENT/ESSENTIALS:

- ❑ Small **headlamp** or **flashlight**
- ❑ 1-2 **bandannas**
- ❑ **Sunglasses** (100% UV protection) w/**retention strap**
- ❑ 1 **water bottle** (1-Liter capacity, hard plastic or collapsible. These will fit into saddlebags.
- ❑ 1 **daypack** for hiking day (see notes on daypacks for more information)
- ❑ Capability to 'waterproof' your backpack. Either a **rain cover** or a **heavy-duty plastic bag** to line your pack.
- ❑ **Sunscreen** and **lip protection**

CLOTHING

- ❑ 2-3 pairs comfortable long pants (can be jeans). 1 pair of synthetic quick-drying **pants** is recommended for hiking, fishing, and non-ranch activities
- ❑ 1 pair **shorts**
- ❑ 2 - 3 synthetic or lightweight **merino wool T-shirts** or short-sleeved **shirts** (Can be cotton - please have at least 1 synthetic)
- ❑ 2 **long-sleeve shirts**. One can be cotton and the other should be lightweight synthetic material.
- ❑ 1 lightweight long underwear **top**: silk, wool, or synthetic
- ❑ 1 **sweater** or "expedition weight" shirt
- ❑ 1 fleece or lightweight **jacket**
- ❑ 1 rain **parka** and rain **pants**/rain skirt: should be a waterproof/breathable fabric like Gore-tex
- ❑ 1 **baseball cap**, cowboy hat, or **wide-brimmed hat** for sun protection
- ❑ 1 **warm hat** - fleece or wool
- ❑ 1 pair of lightweight synthetic or **Polartec** gloves (to wear while riding)
- ❑ **Underwear, sports bra**, and nightwear
- ❑ 1-2 changes of comfortable clothes to wear around the house (e.g. pants and/or skirt, with a couple of tops) try **Toad & Co** for sustainable options!

- ❑ **Ear plugs** (for a good night's sleep!)
- ❑ Extra snacks (snacks will also be provided)

TOILETRIES (SMALL EVERYTHING)

- ❑ **Toothbrush** and **toothpaste**
- ❑ Dental **floss**
- ❑ Hand **sanitizer**
- ❑ **Shampoo** & conditioner (also provided by the ranch)
- ❑ 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
- ❑ **Insect repellent** (also provided by the ranch)

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.

- ❑ **Bathing suit** (for river tubing and hot tub)

OPTIONAL

- ❑ Wyoming fishing license (if you are planning to fish)
- ❑ Camera and film/memory card (extra batteries)
- ❑ **Pocketknife**
- ❑ Cell phone, charger
- ❑ Short ankle **gaiters**
- ❑ **Wristwatch**/travel alarm clock
- ❑ Compact **binoculars**
- ❑ Book, **Journal** and pen
- ❑ Lightweight **umbrella**
- ❑ **Trekking poles** (for hike)
- ❑ **Bicycle riding shorts** (to wear under your pants for riding comfort)
- ❑ Helmets are not required (see notes below)
- ❑ **Kula cloth**

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: Since this trip is all about the riding, the hike offered will be optional. For this reason, we suggest that you bring whatever size backpack you can comfortably fit all the items you will need for the hiking option. You will need to carry the following: water (1 liter), snacks, rain gear, warm layer, hat, gloves, sunscreen, sunglasses, camera, lip balm and any other personal items you like to have with you. Before you leave home check to be sure your pack is comfortable to wear 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 1 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 by 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](#)

***Disclaimer:** This packing list features some affiliate links. This means AGC gets a small commission if you make a purchase (at no extra cost to you). Thank you for the support!*

adventuresingoodcompany.com | info@goodadventure.com | 970-833-3132