

LIVING THE COWGIRL LIFE - PACKING LIST

FOOTWEAR

- 3-4 pairs socks: wool or synthetic blend (such as Coolmax or Ultimax or Thorlo)
- 1 pair riding boots (required – the ranch does have boots to use, please see notes on packing list)
- 1 pair of comfortable shoes for general use
- 1 pair hiking boots (if you are planning on hiking in the Snowy Mountains)

CLOTHING (including what you are wearing)

- 2 – 3 pair comfortable pants: Pants for riding can be jeans. If you are anticipating hiking, fly fishing or other non-riding ranch activities we recommend 1 synthetic pair that can be rinsed out and dry quickly.
- 1 pair shorts
- 2 - 3 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 equivalent
- 1 pair lightweight long-underwear top: silk, wool or synthetic
- 1 sweater or “expedition weight” shirt
- 1 fleece jacket
- Rain gear, jacket/parka and rain pants: must be waterproof
- 1 hat for sun and/or rain: wide-brimmed, cowboy or baseball cap is fine
- 1 warm hat – fleece or wool
- 1 pair lightweight synthetic or fleece gloves
- Underwear/nightwear
- Swimsuit
- 1 – 2 changes of casual clothes to wear at end of day

ESSENTIALS

- Flashlight or headlamp
- Bandanna
- Sunglasses 100% UV blocking
- water bottle (1-liter capacity, hard plastic or the collapsible. These will fit into saddlebags.)
- 1 daypack, for hiking day (see notes on packing list for recommended capacity). Note: For riding, saddle bags are hooked to saddles to carry items.
- Capability to ‘waterproof’ your backpack. (Rain cover or a heavy-duty plastic bag to line your pack.)
- insect repellent
- Wristwatch/travel alarm clock

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, contact lens paraphernalia, sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

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

- Favorite snack
- Book, journal, pencil
- 1 pair gloves to wear while riding
- bicycle riding shorts (to wear under your pants for riding comfort)
- Helmets are not required 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 your use
- camera (extra battery) and film/memory card
- binoculars
- trekking poles for hike

NOTES ON PACKING

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 that it 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

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: 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.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important 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 (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

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

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.

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, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.