

Hike & Surf the Oregon Coast New Student Trip (NST)

About the Location:

The Oregon Coastline features some of the most spectacular scenery in the state, with dramatic cliffs, towering old-growth trees, waterfalls, ferns, sandy beaches, crashing surf, coastal lakes, and, if the time is right, tide pools. We'll learn to surf the ocean waves, and hike some of the Northwest's many coastal trails, where you'll see some of the most productive temperate rain forest on earth. Keep an eye out for newts, sea lions, and numerous birds including the dinosaur-like cormorant! The coastal forests and waterways are the traditional lands of the Chinook, Willapa, Lower Chinook, Clatsop, Kathlamet, and Nahalem tribes, whose traditions are interwoven with this vibrant ecosystem of abundance. You'll stay near the mouth of the Columbia River, which is where the Lewis & Clark expedition first reached the Pacific Ocean.

You'll be staying at a camp amid acres of forest. The camp is separated from the Pacific Ocean by sand dunes and trails but is so close that you can hear the thundering breakers as waves crash on the nearby shore.

What to Expect:

We'll drive about 2 hours from Portland to a camp near Lincoln City, Oregon late in the afternoon on the day you arrive for your trip. You'll spend 2 of the days learning to Surf, and the other days hiking nearby trails. The trails we'll be hiking are rated moderate, with more strenuous trails and longer mileage as options for people who'd like the challenge. Not everyone in the group will want to hike at the same speed, so we'll do what is best for the group when it comes to routes.

The camp we stay at features rustic cabins with bunk beds and restrooms with flush toilets. Gender-neutral bathroom facilities are available. The main lodge of the camp features a commercial kitchen where we will work together to prepare meals and a large fireplace to gather around in the evenings. During the day you will have the chance to connect with other new students in your small group while hiking, and surfing, and in the evening, you will get to know even more new students, since other NSTs stay at the same camp. After a day exploring, we'll have plenty of time in the evenings to hang out, get to know each other, and participate in some fun games and activities.

The weather on the coast is very temperate in August and is usually around 67°F during the day and 55°F in the evening. It is not uncommon for it to rain on the coast, so we recommend bringing good rain gear.

New to hiking, SUPing, or surfing?

No problem! This trip is designed for beginners and we'll teach you everything you need to know, but you should be comfortable in deep water. For accessibility accommodations, email outdoors@lclark.edu.

How to Prepare:

- **Break in your boots:** Since we'll be day-hiking remember that new boots can cause painful blisters. It is *very important* to break in your boots by wearing them with appropriate socks for extended periods prior to your trip. If you borrow hiking boots from College Outdoors, our boots are synthetic leather, fairly lightweight, and tend not to cause many blisters.
- **Get moving:** It's a great idea to walk or run this summer to get yourself into shape.

What will we eat?

We eat well on the coast! Some examples of typical meals include: curry, pizza, mac & cheese and much more. This trip can accommodate most dietary restrictions and allergies, as long as you let us know about them ahead of time. For vegan and other non-medical specialty diets, there is an additional \$5/day meal charge. *There is no extra cost for vegetarian diets or medical diet restrictions.*

What if I don't have outdoor clothing or equipment?

No problem! Check out our packing lists (located on your trip page) for a description of the essential and optional gear for your trip. you don't have your own outdoor clothing or personal equipment, we provide what you'll need for free, as long as you *request the equipment ahead of time* using the online form found on our website.

What are the policies?

Participants on College Outdoors trips are expected to follow all [Lewis & Clark College conduct policies](#). All trips are tobacco, drug, and alcohol free, including vaping, medical cannabis, and tobacco products. Nicotine patches and gum are permitted.

College Outdoors has specific policies and procedures to mitigate risks on trips, which are outlined in the [policy brochure](#) and will be explained by your trip leaders. These policies include: Respecting others, food sanitation practices, requiring the use of Personal Floatation Devices (PFDs, sometimes referred to as lifejackets), requiring close-toed shoes, staying 6ft away from cliff edges, practicing "leave no trace" in the outdoors, and not engaging in exclusive or sexual relationships during trips. Policy violations may result in disciplinary action and/or removal from trips at your expense.

What are the risks?

Common injuries which could occur on this trip include: blisters on feet (don't forget to break in your boots), injuries resulting from falling from surfboards, and burns from not applying enough sunscreen. *These are all preventable with a little caution and common sense.* Yellow jackets (wasps) can be pests at this time of the year, and *people with the potential for severe reactions to stings should plan to bring their own anaphylaxis kits (EpiPens)*. The beaches are beautiful, but waves can be unpredictable, and participants should always be aware of the surf. Students on this trip should be comfortable with swimming. [Learn more about possible risks here.](#)

Please note that our hikes will sometimes go to remote areas and medical help could be hours away. Our trips generally carry cellular phones, but remember cellular service is not always available in rural or remote areas. Trip leaders are trained as Wilderness First Responders.

More questions? Just ask! We LOVE to talk about trips!