

PERSONAL EQUIPMENT PACKING LIST

Backpacking New Student Trips

For any outdoors trip, it is important to be prepared for the elements in order to ensure that you'll have the best possible experience. All the specialty outdoor equipment can be borrowed from us for free, so you shouldn't need buy anything that you don't already own, or aren't able to borrow from a friend or family member. Be sure to submit your **Online Gear Request form** to College Outdoors as soon as possible, **even if you do not plan to borrow anything**, so we can prepare equipment.

A note about cotton: Cotton has no place on outdoors trips except as bandannas and underwear. Cotton robs your body of heat if it gets wet and can cause hypothermia. Never plan to wear cotton long-underwear, blue jeans, cotton fleece jackets, cotton sweats, or similar items on an outdoor trip.

REQUIRED EQUIPMENT – available borrow from College Outdoors for FREE, if needed

- BACKPACK.** Internal frame packs will work the best, but an external frame pack is also fine (it is necessary to have a pack with a frame). Be sure it is ruggedly constructed and has a sturdy, padded hip belt. Make sure it is fitted properly to your body. The store where you purchase it should be able to help with this. Your pack should be large enough to hold your gear with *extra* room for group food & equipment. This usually means a pack volume of at least 75 liters (4500 cubic inches or more). If you already own a pack but it is smaller than 65 liters, plan to borrow one from College Outdoors. Another nice feature to have is a detachable daypack, as you may be taking shorter dayhikes during your trip.
- SLEEPING BAG.** A warm sleeping bag is a must, with a "comfort rating" of 10°F or lower. We recommend synthetic sleeping bags because they can still keep you warm if they get wet. If you decide to bring a down sleeping bag, you must be *very careful* not to get it wet.
- SLEEPING BAG STUFF SACK.** Most sleeping bags come with a stuff sack. We recommend you have one for your trip to protect your bag from damage and especially from rain. Line the inside of the sack with an unscented plastic garbage bag before stuffing your sleeping bag inside. This will increase the chances of your sleeping bag staying dry should it rain.
- CLOSED CELL FOAM SLEEPING PAD.** This type of pad works best because it won't absorb water. Inflatable pads (such as Therm-A-Rests) are also good and more comfortable, but more expensive and useless if they get holes.
- HIKING PANTS,** to keep the sun and bugs off your skin while hiking or hanging out. Synthetic, quick-dry pants are best.
- LONG SLEEVED NON-COTTON SHIRT.** Good for keeping the sun and any mosquitos off of you. Nylon, fleece, Capilene, or other synthetic fibers will work the best.
- RAIN JACKET.** Rain can come at any time in the Pacific Northwest—you will need good rain gear when you are living in Portland for the winter! Coated nylon, rubberized fabric, and Gore-Tex all work great (and are listed here from the least to the most expensive). *Don't* plan to use a cheap, fold-up poncho. Also, don't bring an insulated rain jacket, as you will be too hot if you have to hike in it. Gore-tex and other breathable fabrics are going to keep you the most comfortable if you have to exert yourself in your rain gear. If you choose to buy new rain gear, it helps to talk to a salesperson at an outdoor store.
- RAIN PANTS.** The suggestions for a rain jacket apply here as well. Additionally, for rain pants, zippers at the cuffs that allow you to get your rain pants on and off without removing your hiking boots can be very convenient.
- 2 LONG UNDERWEAR TOPS.** Quality polypropylene (synthetic, non-cotton) and wool long underwear usually comes in three weights: light, mid, and expedition. All types can be used in a combination of layers to provide warmth, even when wet. Long underwear serves as an important insulating layer. Capilene, Thermax, Thermostat, and Smartwool are common brand names. If you wear long underwear while hiking or doing other fairly active physical pursuits, you should wear lightweight. Mid- and expedition-weight are generally too warm to wear when hiking, but are good to keep you toasty at night. Bring 1 lightweight and 1 midweight.
- 2 LONG UNDERWEAR BOTTOMS.** See the description of long underwear tops (above) for specific recommendations.
- SWEATER or FLEECE JACKET.** Wool or synthetic fibers all provide great insulation. If it's lightweight, bring two.
- WARM HAT.** Wool, polypropylene or fleece hats are best.
- WARM GLOVES OR MITTENS.** Often nice to have on hand during cool evenings and mornings.
- WATER BOTTLES OR HYDRATION SYSTEM** (at least 2L total capacity). Any lightweight plastic bottle that does not leak will be OK. Gatorade bottles are a cheap, easy way to go. Hydration bladders (such as Camelback) systems work as well.

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- ❑ **3-6 PAIRS SOCKS & 1-2 PAIRS LINER SOCKS.** No cotton socks—they can't keep your feet warm when they're wet and will lead to blisters. **Three pairs** of wool, polypro or synthetic fiber socks will ensure dry, warm, happy feet. **One additional pair** of thin, non-cotton, slippery liner socks (such as silk or polypro) to wear under your thick wool will aid in blister prevention on day hikes. Socks that fit well also help prevent blisters.
- ❑ **COMFORTABLE HIKING BOOTS** (the more ankle support, the better). If you buy new boots, be sure to break them in! Hike about 10 miles or more to break them in prior to arriving on campus. Proper fit is very important. If you need to purchase new boots for your trip, put some time into the process. We do have boots to loan out, but bring your own if you have them. Your own boots will be better conformed to your feet (i.e. more comfortable and less likely to give you blisters). Our most common injuries are blisters from students who haven't broken in their hiking boots!
- ❑ **1-2 LARGE GARBAGE BAGS**, heavy-duty, 1.4 mm thick or thicker, (25 gal. or more). These help keep your clothes and sleeping bag dry and are used to pack out garbage at the end of the trip. Non-scented!
- ❑ **HEAD LAMP.** A headlamp leaves your hands free for camp tasks. Bring extra batteries for back up.
- ❑ **SUNGLASSES** with ultraviolet (UV) protection. This is for your own safety! On a bright summer day you can burn your eyes as well as the rest of your skin
- ❑ **"CROAKIES," "CHUMS" or GLASSES STRAPS** to keep your glasses/sunglasses on your face or around your neck, not broken.
- ❑ **SUN HAT or BASEBALL CAP** to keep the sun out of your eyes and off your face.

REQUIRED EQUIPMENT – you will need to bring yourself (not available to borrow)

- ❑ **SHORTS**—one or two pairs (synthetic).
- ❑ **T-SHIRTS** or other lightweight synthetic shirts (bring two or three).
- ❑ **TENNIS SHOES** For in-camp wear. We recommend old nylon tennis shoes or close-toed sandals, such as Crocs or Keens, which are lightweight and provide maximum foot protection. **Do not bring** open toed sport sandals such as Texas or Chacos because they don't protect your toes or upper foot from injury (such as stubbing toes into rock).
- ❑ **PERSONAL TOILETRIES.** These items include toothpaste, toothbrush, contact lens supplies, eyeglasses, menstrual products, and a small amount of toilet paper. Try to find travel-size items and do not bring anything in a glass container.
- ❑ **UNDERWEAR.** For women especially, changing into clean cotton underwear each day will help prevent yeast infections and urinary tract infection. Cotton is fine for underwear, although we recommend synthetic for men.
- ❑ **BANDANA OR BUFF.** Cotton is fine for this.
- ❑ **SUNSCREEN AND CHAPSTICK** rated at SPF 20 or higher.
- ❑ **DAY PACK**, for carrying some warm clothing, food and water on day hikes from the base camp. Your school bookbag will be fine for this as long as you can wear it on your back. A better option is a detachable "brain" from your backpacking backpack so you don't have to carry an extra bag. College Outdoors packs have detachable brain that can be used as a day pack, so if you borrow a backpacking pack from us you don't need to bring a day pack.
- ❑ **PERSONAL MEDICATIONS.** **If you will be on any medication during the trip, please be sure to bring double the amount you need** in two separate containers. Inform your trip leader of what you are taking and give him or her the backup supply in case yours gets lost or wet. It is your responsibility to collect it from your Trip Leader at the end of your trip.
 - **IF YOU HAVE BEEN PRESCRIBED AN EPIPEN OR INHALER, BRING IT.** Even if it has been several years since you last used it, please carry your life-saving medications just in case.
- ❑ **PROOF OF MEDICAL INSURANCE CARD.** *If you do not have insurance through Lewis & Clark College, then it is extremely important to bring your medical insurance card. **Don't leave home without it.***

*The Required Equipment items are **essential**. Before your trip leaves, we'll check to make sure you have the proper gear, and help you effectively pack things into your backpack for the trip. Don't forget that you can borrow equipment from friends and relatives as well as from us. Also watch for summer sales and even shop the thrift stores for some of the items. Call us if you'd like advice about gear. **Additionally, please remember to turn in your Online Gear Request Form right away – even if you are not requesting gear.** You can always call us if your needs change.*

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OPTIONAL ITEMS – you may want to bring, but are not essential

This could be a long list, but remember: space is limited, and you have to carry it on your back!

- N95 OR KN95 MASKS.** Masks are great to have for both preventing the spread of illness, and in case of wildfire smoke. N95 masks are best, especially if you are mitigating inhalation of smoke. If you or a member of your group becomes ill, you may need to wear masks indoors (including in the van/bus).
- JACKET** (not cotton) such as a packable, lightweight down or synthetic puffy to stay warm on cool evenings. An extra sweater works too, and you can stay warm by layering even without a puffy.
- PERSONAL FIRST AID KIT.** We carry a group kit, but you may want to bring one of your own that includes **moleskin** (for blister prevention), Band-Aids, athletic tape, and any other items you commonly use for yourself.
- HAND SANITIZER.** We will have hand sanitizer available, but it's always a good idea to have your own personal supply.
- CAMERA,** in a waterproof container. Do not rely on access to your cellphone camera.* A dedicated camera is encouraged if you like to take your own photos, though a group trip camera is usually taken on all trips.
- COMPASS** if you are interested in learning navigation. The kind with adjustable declination setting is best.
- EYEGLASSES** and one extra set (either another pair of glasses, or a set of contact lenses.)
- BINOCULARS,** in a waterproof container.
- MOSQUITO HEAD-NET.,** Mosquitos in the Northwest are nothing compared to places like the Midwest or Alaska, but if you are especially bothered by them than you may want to use a head-net.
- GAMES** (e.g., cards, etc.)
- MUSICAL INSTRUMENT,** not too heavy or bulky. Something like a harmonica or flute packs easily. Sharing your musical talents on the trip is always encouraged!
- NOTEBOOK/JOURNAL** and a pencil.
- POCKET KNIFE OR MULTI-TOOL**
- SWIMSUIT** or quick-dry nylon shorts for guys; a swimsuit or a sports bra combined with quick-dry nylon shorts works well for women.
- TOWEL.** A small towel or "Pack Towel" is usually enough.
- MONEY** for extra purchases you might want to make; there won't be any required expenses.
- ZIPLock BAGS.** The thicker, "freezer" type is best. Bring enough of them to keep your smaller things dry & organized.

***Note About Cell Phones:** Your trip leader will collect cell phones and other electronic devices to be stored during your trip. These trips are an opportunity to leave modern technology behind for a few days, and connect with each other. Trip leaders will carry a satellite phone for emergency use, since cell reception is often not immediately available in wilderness areas or river canyons.

Weather: It's not unusual to have rain storms or even a little **snow** in late August in the mountains, so be prepared with warm clothing, a warm sleeping bag, and good raingear. August is usually some of the best weather in Oregon, with mostly sunny skies and relatively low humidity. However, come prepared for any conditions so that you can enjoy the trip no matter what the weather!

If you have any questions, you can call us at 503-768-7116, anytime. If we are out of the office, just leave a message and we will call you back. If you prefer to get some of your own gear but are unsure of where to shop, or you have some items but you aren't sure if they are quite right, give us a call! We can recommend vendors and discounted gear dealers, and we LOVE to talk with you about the trips!

Questions? email: outdoors@lclark.edu or call 503-768-7116. We're here to help!