

PERSONAL EQUIPMENT PACKING LIST

Whitewater Rafting New Student Trips

The items listed in the first two sections are **essential** for any rafting trip, so be sure to bring them or borrow them from us. The third section (the last page) includes optional items intended for your personal comfort based on the experiences of participants on previous trips. We will be camping in tents outdoors by the river, so 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. 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. Items not listed are either not needed, or provided to everyone. We provide specialized water gear for everyone, so those items (such as wetsuits, and lifejackets) are not listed.

A note about cotton: Cotton has little place on outdoors trips except as T-shirts, bandannas, underwear, and pajamas. 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 to borrow from College Outdoors for FREE

- ❑ **SLEEPING BAG.** A warm sleeping bag is a must, with a “comfort rating” of 20°F or lower. We highly recommend using synthetic bags, as opposed to down bags. A synthetic bag will still keep you warm if it gets wet, but a down bag will not. If you do decide to bring a down bag, you must be *very careful* not to get it wet.
- ❑ **SLEEPING BAG STUFF SACK.** Most sleeping bags come with a stuff sack. It will protect your bag from damage and especially from rain and water. Line the inside of the sack with a plastic garbage bag before stuffing your sleeping bag inside. This will increase the chances of your sleeping bag staying dry should it rain or your dry bag leak.
- ❑ **CLOSED CELL FOAM SLEEPING PAD.** This type of pad works best because it won't absorb water. Inflatable options, such as Therm-A-Rest, are good and more comfortable, but more expensive and useless if they get a hole in them.
- ❑ **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* bring 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 a reputable 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 shoes can be very convenient.
- ❑ **2 LONG UNDERWEAR TOP.** Quality polypropylene (synthetic, non-cotton) 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. Capilene, Thermax, and Thermostat 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. Long underwear serves as an important insulating layer. Lightweight is most versatile. Bring both light and 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. No cotton!
- ❑ **1-3 PAIRS SOCKS & 1 PAIR LINER SOCKS.** Avoid cotton socks—they can't keep your feet warm when they're wet and lead to blisters. **One to three pairs** of wool, polypro or synthetic fiber socks will ensure dry, warm, happy feet. **OPTIONAL: One additional pair** of thin, non-cotton, slippery liner socks (such as silk or polypropylene) to wear under your thick wool or in camp.
- ❑ **WARM HAT.** Again, wool, polypropylene or fleece hats are best.
- ❑ **RIVER FOOTWEAR: TENNIS SHOES OR CLOSED-TOE RIVER SHOES** to wear in the raft. We like old nylon running shoes or sneakers the most because they are cheap, comfortable, provide protection for your toes, and have a good sole for walking on the riverbank. Try to find an old pair of shoes that are made mostly out of nylon or mesh and your feet will be happy. Highly recommended are covered toe sandals or water shoes, many models are available from Keen, Merrell or Salomon. We have wetsuit booties to loan out at no charge. **We will not allow open-toe sandals (Chacos, Tevas, etc.). You must have closed-toed shoes to protect your toes from injury.**
- ❑ **PADDLE JACKET.** This is a specialized waterproof jacket used in water sports. It has neoprene gaskets around the neck and wrists to help keep water out.

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

- ❑ **DRY BAG(S)**. Waterproof bags to keep clothing dry. We can provide 110L dry bags.
- ❑ **2 WATER BOTTLES** (at least two 1-Liter bottles). Any lightweight plastic bottle that does not leak will be OK. Gatorade bottles work great!
- ❑ **DAY PACK**, for carrying some warm clothing, food and water on day hikes. Your school bookbag will be fine for this as long as it can be worn on your back. No messenger bags.
- ❑ **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. We can provide these at no charge.
- ❑ **HEADLAMP**. A headlamp leaves your hands free for camp tasks.
- ❑ **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. We have some of these to lend.
- ❑ **"CROAKIES," "CHUMS," or GLASSES STRAPS** to keep your glasses or sunglasses on your face or around your neck, not broken or in the river.
- ❑ **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)

- ❑ **1-2 T-SHIRTS** or other lightweight synthetic shirts.
- ❑ **SHORTS**—one or two pairs (synthetic).
- ❑ **SWIMSUIT**. Quick-dry nylon shorts for guys. A swimsuit or a sports bra combined with quick-dry nylon shorts for women.
- ❑ **LONG SLEEVED SHIRT** with a tight weave, for sun protection. In this case cotton is acceptable; it will help you stay cooler on those really hot days and protect your skin from the sun. The material should be lightweight and of a light color. Thrift stores are a good place to find a cheap shirt with a fun print.
- ❑ **DUFFEL BAG, LARGE STUFF SACK, or LAUNDRY BAG**, something soft to pack your gear in. This will make dry bag packing much easier. This bag may or may not be brought on the river. Your daypack may fill this role if it is large enough. ***Please don't bring frame packs of any kind***, internal or external, that you plan to take on your trip. These types of packs will not fit in our dry bags and make the boats difficult to pack.
- ❑ **UNDERWEAR**. For women especially, changing each day into clean cotton underwear will help prevent urinary track infections. We recommend synthetic underwear for men.
- ❑ **STURDY PAIR OF TENNIS/RUNNING SHOES**, comfortable with good support. These are for wearing around camp, and for day hikes to some of the ridge tops.
- ❑ **PERSONAL TOILETRIES**. These items include toothpaste, toothbrush, contact lens supplies, eyeglasses, menstrual products and hand cream/lotion. Try to find travel-size items and do not bring anything in a glass container.
- ❑ **CHAPSTICK** with sunscreen rated SPF 15 or higher.
- ❑ **SUNSCREEN**. Waterproof and rated at SPF 25 or higher. Sun exposure can be intense on the water.
- ❑ **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!***
- ❑ **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 is lost or gets wet.
 - **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.

*The items listed in the two previous sections are **essential**. Before your trip leaves, we'll check to make sure you have the gear listed on this sheet if you have not requested it from us. 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. **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. Weigh the risks before bringing fragile gear or items that could be seriously damaged by water. Dry bags sometimes leak. College Outdoors does not take responsibility for damaged equipment. This doesn't mean you shouldn't bring cameras or binoculars; just be sure to check out the boxes and bags to be sure you are comfortable with their ability to repel water and provide cushioning and protection.

- 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).
- HAND SANITIZER.** We will have hand sanitizer available, but it's always a good idea to have your own personal supply
- PERSONAL FIRST AID KIT.** We carry a group kit, but you may want to bring one of your own that includes Band-Aids, moleskin or second skin (for blister prevention and first aid), and waterproof first aid tape.
- NON-COTTON PANTS.** Combining your long underwear and your rain pants will serve the same purpose. However, you may still want to bring a pair of comfy pants. Jeans and sweats will NOT keep you warm when they get wet. Lightweight nylon "travel pants" work great. They dry quickly and provide good sun protection. Old army wool pants, fleece pants, Capilene, or other synthetic fibers will also work, and are great for cold evenings.
- BANDANNA or BUFF**—Cotton is OK for this.
- NEOPRENE GLOVES.** Optional but a good idea for paddling if you get blisters on your hands easily, or if you are unusually sensitive to getting cold hands. (We can lend you these if you need them. Just ask your Trip Leader when you arrive.)
- BINOCULARS,** in a waterproof container.
- 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. A waterproof camera or waterproof go-pro is best for use on the river.
- EYEGASSES AND** one extra set (either another pair of glasses, or a set of contact lenses.)
- GAMES** (e.g. cards, etc.)
- MUSICAL INSTRUMENT,** not too heavy or bulky. If it is fragile make sure the case is sturdy.
- NOTEBOOK/JOURNAL** and a pencil.
- TOWEL.** A small towel or "Pack Towel" is usually enough.
- MONEY.** Bring money for stops along the way for snacks, etc. Small amounts of cash are fine; you shouldn't need much money on this trip and there are no required expenses.
- ZIPLOCK BAGS,** the freezer type is best. Bring enough of them to keep your smaller things dry.
- HIKING BOOTS** for the hikes to ridge tops. If you have sturdy camp shoes they can serve this purpose, but hiking boots give you the best ankle support, so they do the best to prevent a twisted ankle on a hike. If you bring new hiking boots, make sure they are broken in: walk in them as much as possible before your trip. We have some hiking boots to loan out, but bring your own if you have them. Yours will fit you better (i.e. be more conformed to your feet and less likely to give you blisters).

***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 and wind in central Oregon in August, 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!

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