

PERSONAL EQUIPMENT PACKING LIST

Kayaking & Hiking New Student Trip

We will be away from camp hiking or kayaking during the day, 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. If your trip will use wetsuits and other specialized water gear, we'll provide that for everyone, so those items are not included in this list.

A note about cotton: Cotton has little place on outdoors trips except in-camp and as T-shirts, 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 while hiking or kayaking.

REQUIRED EQUIPMENT – available to borrow from College Outdoors for FREE

- DUFFEL BAG.** A good way to keep all your gear together. A backpack or small to medium size suitcase will also work.
- SLEEPING BAG & SLEEP SHEET.** Almost any sleeping bag rated for temperatures of 40 degrees Fahrenheit, or colder, will work for this trip. A sleep sheet is a thin sheet, sewn in a tube, which slips inside the sleeping bag. It can be nice to have when the night is warm enough that you don't want to be wrapped up in your whole bag. A sleep sheet is only required if you are borrowing a sleeping bag from us.
- 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 keep it contained.
- 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 (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.
- RAIN PANTS.** The suggestions for a rain jacket apply here as well. Also, 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.
- HIKING PANTS,** to keep the sun and bugs off your skin while hiking or hanging out. Synthetic, quick-dry pants are best. Don't plan to hike in jeans or other cotton pants.
- 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.
- 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 use 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, and it is very important that it isn't made of cotton, which won't keep you warm if it gets wet! Lightweight is usually the cheapest and the most versatile.
- 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.** Again, wool, polypropylene or fleece hats are best. You lose 25% of your body heat through your head.
- WARM MITTENS OR GLOVES**
- NEOPRENE GLOVES** to wear while paddling. They protect from blisters, cold, and sunburn.
- WETSUIT.** We have these to loan out, but if you have your own, you might want to bring it, since it will probably fit you better. *Don't buy one specifically for this trip!* We have plenty of these to loan.
- HYDROSKIN NEOPRENE SHIRT.** This is a long-sleeve layer that can be worn with your wetsuit or as a stand-alone layer.
- SUN HAT or BASEBALL CAP** to keep the sun out of your eyes and off your face.

MORE on Pg 2 →

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

- WETSUIT BOOTIES, OLD TENNIS SHOES or CLOSED-TOE SPORT SANDALS** with an ankle strap. You'll wear these paddling and they will get wet. Wetsuit booties keep your feet warmest and we have a bunch to loan out, at no charge. Otherwise, we recommend old nylon tennis shoes, Keen or other brand closed toe sandals, or any water shoes (such as Salomon Amphibians), which are lightweight and provide maximum foot protection. **Do not bring** open toe sport sandals such as Texas or Chacos because they don't protect your toes or upper foot from injury (such as stubbing toes into rocks). **Closed-toed shoes are required at all times on College Outdoors trips.**
- 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. We have plenty of these to loan.
- DRY BAG.** This is an extra-thick, sealing, waterproof bag designed to keep your extra layers and gear dry under wet conditions while you are paddling. We have plenty of these to loan.
- WATER BOTTLES.** At least two 1-quart bottles. Any lightweight plastic bottle that does not leak will be OK. Gatorade bottles are great!
- SOCKS & LINER SOCKS.** No cotton socks—they can't keep your feet warm when they're wet. **Two to 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 polypropylene) to wear under your thick wool will aid in blister prevention on day hikes. Socks that fit well also help prevent blisters.
- HIKING BOOTS or LIGHTWEIGHT HIKING SHOES.** Comfortable with good ankle support. You will be doing a fair bit of day hiking. If you bring new hiking boots, make sure they are well broken in: walk in them a lot before your trip. We have lots of hiking boots to loan out, too. However, if you have your own they will likely be more comfortable.
- GARBAGE BAGS,** heavy-duty, 1.4 mm thick or thicker (*25 gal. or more*). *Bring 1 or 2.* 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.
- HEADLAMP.** A headlamp leaves your hands free for camp tasks. Plus extra batteries for backup!
- 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 sunglasses on your face or around your neck, not lost or broken. We can loan you these.
- DAY PACK,** for carrying some warm clothing, food and water on day hikes. Your school book bag will be fine for this as long as it can be worn on your back.

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 one to two).
- SWIMSUIT** Quick-dry nylon shorts for guys. For women, a swimsuit, or a sports bra combined with quick-dry nylon shorts.
- UNDERWEAR.** For women, changing each day into clean cotton underwear will help prevent discomfort, yeast infection and urinary tract infection. We recommend synthetic underwear for men.
- 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 avoid bringing anything in a glass container.
- TOWEL & SHOWER SUPPLIES.** There are showers available at the park where you'll stay, so you may want to bring a towel, shower shoes (this is the only time open-toe flip-flops are acceptable on your trip), and soap.
- SUNSCREEN** waterproof and rated at SPF 15 or higher. Sun exposure can be intense on the water.
- CHAPSTICK** with sunscreen (at least SPF 15).
- 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!**

MORE on Pg 3 →

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

- 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).
- CAMERA.** 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 along on all trips.
- 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.
- BANDANA or BUFF.** Cotton is fine for this.
- PUFFY JACKET.** A packable/compressible down or synthetic puffy jacket that isn't too bulky is a cozy way to stay warm in the cool evenings at camp. You can also achieve this with multiple warm fleece layers (which can be borrowed for free).
- SUN SHIRT,** breathable shirt to keep the sun and bugs off your skin while hiking or hanging out.
- BINOCULARS,** in a waterproof container.
- EYEGASSES** and one extra set (either another pair of glasses, or a set of contact lenses.)
- GAMES** (e.g., cards, etc.)
- MUSICAL INSTRUMENT.** Something like a harmonica or flute packs easily, and guitars are welcome too!
- NOTEBOOK/JOURNAL** and a pencil.
- MONEY** for extra purchases you might want to make; there won't be any required expenses.
- PILLOW.** A small or inflatable pillow is comfy, or a just use bunched up clothes in a stuff sack and save space in your bag!
- ZIP LOCK BAGS,** the freezer type are best. Bring enough of them to keep your smaller things dry.

***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 throughout Oregon, 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!