

PERSONAL EQUIPMENT PACKING LIST

Kayaking & Hiking New Student Trip

We will be camping in tents outdoors and 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 to 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 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 0°F or lower. (Not the kind for slumber parties!) For the Northwest's often damp climate, we recommend a sleeping bag with synthetic fibers such as Polarguard. These synthetic fibers will keep you warm even when wet. **Do not bring down sleeping bags for water trips.** If they get wet, they won't keep you warm.
- SLEEPING BAG STUFF SACK.** Most sleeping bags come with a stuff sack. It will protect your bag from damage and especially from rain. 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 pads like Therm-A-Rests (by Cascade Designs) are also a good option and more comfortable, but more expensive.
- 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 \$15 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.
- NON-COTTON PANTS.** These pants are great for hiking in cool weather and perfect for your time in camp. Nylon, fleece, Capilene, or other synthetic fibers will work the 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.
- 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.
- 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).
- 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 clothing and gear dry under wet conditions. 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 at no charge.
- 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.
- DUFFEL BAG, LARGE STUFF SACK or LAUNDRY BAG,** something soft to pack your gear in. This will make dry bag packing much easier. You may or may not bring this bag in your kayak. **Please don't bring frame packs of any kind,** internal or external, that you plan to take on your sea kayak trip. These frame packs will not fit in our dry bags or the kayaks.
- 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.
- 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.
- 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 →

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.
- EYEGLASSES** 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 cell phone for emergency use, although reception is often not immediately available in wilderness areas).