

College Outdoors Breakaway Adventures  
**PERSONAL EQUIPMENT LIST**  
Urban and Sustainable Action Service Trips

The items listed in the next two sections are *essential* for your trip, so be sure to bring them or borrow them from us. The third section (on the back of this sheet) includes optional items intended for your personal comfort, based on the experiences of participants on previous trips. Keep these lists for reference as you pack for your trip, and go to <http://www.lclark.edu/dept/outdoors/nsttravelinfo.html> to submit your *Online Equipment Information Request* to College Outdoors as soon as possible so we can prepare equipment for you. Please submit an online request even if you **do not** plan to borrow equipment from us, so we can be sure that all our participants have the proper equipment. *Be prepared* for rain, wind, heat, cold and sun. In Oregon the weather can change quickly! Most of the items on this list you probably have at home but if not, we have plenty that can be loaned out.

**ESSENTIAL EQUIPMENT WHICH YOU CAN BORROW FROM COLLEGE OUTDOORS**

*You do not need to buy any of the equipment listed in this section—we can lend it to you at no charge. Of course, we encourage you to bring your own equipment if you have it. Please return the separate **Equipment Information Form** promptly, **whether or not you are borrowing equipment from us**. We will notify you (within a week of receiving your form) if any of the equipment you request is not available.*

- **SLEEPING BAG.** A slumber party-type bag is fine; you'll be indoors.
- **FOAM PAD** or **Therm A Rest** type pad to sleep on.
- **RAIN COAT**
- **SWEATER** or **FLEECE JACKET**
- **WATER BOTTLE.** A plastic 1-liter bottle works fine. Make sure it doesn't leak.
- **WORK GLOVES.**
- **BASEBALL/SUN HAT**—to keep paint out of your hair, and the sun out of your eyes.
- **DAYPACK** (like you carry your books in) to carry sweater, gloves, lunch, water, etc.
- **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.

**ESSENTIAL EQUIPMENT YOU WILL NEED TO BRING WITH YOU**

*You will need to bring the items listed below when you arrive for your trip. The equipment listed in this section is **essential**, and College Outdoors may not have it to lend to you. However, we do have some of the items listed below, so let us know if you are having difficulty finding anything.*

- **CLOTHES**—several changes. You will not be able to do laundry during your trip.
- **WORK CLOTHES**—old stuff for getting dirty.
- **STURDY, COMFORTABLE SHOES**—these need to have closed toes. Sandals won't give your feet enough protection on work sites.
- **SHORTS & T-SHIRTS**
- **SWIMSUIT**
- **TOWEL**
- **PERSONAL TOILETRIES**—soap, shampoo, contact lens supplies, toothbrush, toothpaste, menstrual products, etc.
- **SUNSCREEN**—SPF 15 or higher is recommended.
- **NOTEBOOK** and a pencil.
- **SPENDING MONEY**—you'll want to have money for lunch before your trip leaves, and in case you want to buy anything our day trip to the coast.
- **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.***
- **PERSONAL MEDICATIONS.** Please be sure to bring **double** the amount you need. Inform your trip leader what you are taking and give him or her the backup supply in case yours is lost.

*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 submit in your Online Equipment Information Form by July 11.***

*See other side for more recommendations . . .*

## **OPTIONAL, PERSONAL ITEMS**

*Some of these items might make your trip more comfortable.*

- **HIKING OR WORK BOOTS**
- **FLASHLIGHT** with extra batteries.
- **PERSONAL FIRST AID KIT** (if you have your own). We have a group kit but a personal supply of Band-Aids and other basic first aid items would be useful. Also, we don't supply any medication such as aspirin or ibuprofen and don't carry it in our group kits so bring your own.
- **CAMERA** and **FILM**, in a waterproof or resistant container.
- **CHAPSTICK** with SPF 15 sunscreen.
- **EXTRA EYEGASSES** or **CONTACT LENSES, AND SOLUTION**
- **GAMES**—cards, board games or other diversions.
- **MUSICAL INSTRUMENTS**—like a guitar or kazoo.
- **HAND CREAM** for dry hands.
- **JACKET** or extra sweater.
- **PILLOW**
- **EARPLUGS**—nice if you are a light sleeper.
- **POCKET KNIFE**