

# New Student Trip Description

## Explore the Oregon Coast

About 2 hours west of Portland, situated on a freshwater lake, is a rustic camp set in acres of forest. The camp is so close to the ocean you can hear the thundering Pacific breakers as they crash on the shore on the far side of the dunes and trailheads between the camp and the ocean.

This description does not cover all aspects of the trip, but it will give you a few more details about this adventure. Due to the many variables of outdoor trips, it's impossible to describe exactly what the trip will be like. We'll drive from Portland to Warrenton, Oregon late in the afternoon on the day you arrive for your trip. After exploring the camp, we'll go on daily hiking trips to explore the spectacular scenery within a short drive of the camp.

This trip includes a day of surf instruction in the Pacific Ocean, canoeing or kayaking on the freshwater lake at the camp, an overnight backpack trip along the Pacific coast, as well as other great adventures.

The trails we'll be hiking and backpacking are rated moderate, with more strenuous trails for people who'd like the challenge. On average, the group expects to hike about 5 to 12 miles a day wearing daypacks, with some days spent kayaking or canoeing on the large lake next to camp, and an overnight backpack trip.

There are rustic cabins at the camp for our group to sleep in. The main lodge of the camp is handsome, with a full commercial kitchen and large fireplace. The main lodge is where most of the meals and other activities will take place. For traveling between your sleeping area and the main lodge at night, you'll definitely want a flashlight or headlamp to negotiate the trails.

Yellow jackets, wasps, or hornets are common at this time of the year, and people with the potential for severe reactions to stings need to carry anaphylaxis kits with them. Mosquitoes and flies are usually very minimal by this time of year, but it depends on how dry the season has been. Usually the mosquitoes have mostly died off by late August, but West Nile virus has recently been identified in the Pacific Northwest, so avoiding mosquito bites by using insect repellent and clothing to cover up bare skin is always a good idea.

The beaches are beautiful, but there are some hazards we want you to know about. Be careful of unstable coastal cliffs above the beaches; to avoid these, stay on marked trails. Rarely, "sneaker" waves (waves that are unpredictable and much larger than other waves), can hit the beach and have the potential to wash a person into the ocean if they are not paying attention to the surf. Due to all the forests nearby, logs or other debris in the water or surf are possible. If a large wave washes in with a log in it, the log could injure or kill someone who is unaware of this possibility. And, while quite unlikely, the entire west coast of the U.S. has the possibility of a tsunami should there be a large earthquake. (The lake at the camp has none of these previous ocean concerns, but any body of water carries the risk of drowning.)

Common injuries which could occur on this trip include blisters on feet (from people not breaking in their new hiking boots before they come on the trip), people cutting their feet as a result of walking barefoot, people cutting themselves with pocket knives, people burning their fingers by handling pots on a stove without hot pads or gloves, spilling boiling water, and sunburn from not applying enough sunscreen. These are all preventable with a little caution and common sense. Please note that our hikes will sometimes go to remote areas and medical help could be hours away. Our trips generally carry cellular phones, but remember cellular service is not always available in rural or remote areas.

Fire danger can be very high in August, and the threat of a wildfire is real. Participants need to be very careful with any type of fire. Our trips are non-smoking for this reason.

Water from streams and lakes needs to be filtered or treated before you can drink it. We have pumps and tablets to do this, which remove or neutralize Giardia, bacteria, and viruses. It's also important to practice minimum-impact camping techniques such as packing out all litter and food waste, not using soap in streams or lakes, and not camping on fragile meadows. Instructors will brief the group on low-impact camping techniques at the start of the trip.

There are few places left in our nation that can match the pristine, untouched beauty of the lakes, the seemingly endless beaches along the rugged Pacific Ocean, and the temperate rainforest that covers this part of the coast. This is a great place to begin your college journey, returning to our roots in nature while making new friendships and preparing for the new adventures ahead. Have a great summer, and we'll see you in August!