

College Outdoors New Student Trips **Keep This Form**

PERSONAL EQUIPMENT LIST

Extended Hiking Trip (from a lodge)

We will be staying in a lodge, but this is still an outdoors trip, and so it is important to be prepared for the elements in order to ensure that you'll have the best possible time on the trip. The items in the first two sections are **essential**, 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. Keep these lists for reference as you pack for your trip, and go to: <http://tinyurl.com/c4d5g2r> to submit your **Online Gear Request form** 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.

A note about cotton: Cotton kills! Cotton has no place on outdoors trips except as T-shirts, bandannas and underwear. Cotton robs your body of heat if it gets wet and can cause hypothermia. Never bring cotton long underwear, cotton jeans, cotton fleece jackets, cotton sweats, or similar items. Call us if you'd like more information.

ESSENTIAL EQUIPMENT 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, you're certainly welcome to bring your own equipment if you have it. Please return the separate **Online Gear Request Form** promptly, whether or not you are borrowing equipment from us.*

- **DUFFEL BAG.** This is great to keep all your gear together. A backpack or small suitcase will work, too.
- **SLEEPING BAG & SLEEP SHEET.** Almost any sleeping bag with a comfort rating of 40 degrees Fahrenheit or better will work for this trip. A sleep sheet is a thin sheet that lines 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.
- **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.
- **RAIN JACKET.** Rain can come at any time in the Pacific Northwest—and 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 \$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. 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 hiking boots can be very convenient.
- **LONG UNDERWEAR (TOP AND BOTTOM).** 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. For this trip, you should bring light-weight. 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!
- **SWEATER or FLEECE JACKET.** Wool or synthetic fibers all provide great insulation. If it's lightweight, bring two. No cotton sweatshirts please!
- **HAT.** Wool, polypro, capeline or fleece.
- **SOCKS & LINERS.** No cotton socks—they can't keep your feet warm when they're wet. **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 polypro) to wear under your thick wool will aid in blister prevention on day hikes. Socks that fit well also help prevent blisters.
- **COMFORTABLE HIKING BOOTS.** We suggest bringing sturdy boots with good ankle support, preferably mid- or high-tops. We do have some to loan out, but bring your own if you have them. Your own boots will be better conformed to your feet (i.e. more comfortable and less likely to give you blisters). If you buy new boots, be sure to break them in by hiking around your neighborhood. Our most common injuries are blisters from students who haven't broken in their hiking boots!
- **CLOSED TOED WATER SHOES.** Keens, old sneakers, or Tevas with a closed toe will work just fine. No Chacos, flip-flops, or other open-toed shoes.

SEE OTHER SIDE FOR MORE ESSENTIAL EQUIPMENT...

ESSENTIAL EQUIPMENT YOU CAN BORROW FROM COLLEGE OUTDOORS CONTINUED...

- **ONE OR TWO 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.
- **WATER BOTTLES** (at least two quart total capacity). Any lightweight plastic bottle that does not leak will be OK. Gatorade bottles are a cheap, easy way to go. Camelback hydration systems work as well.
- **DAY PACK**, for carrying some warm clothing, food and water on day hikes from the base camp. Your school bookbag will be fine for this as long as you can wear it on your back
- **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 broken.
- **SUN SHIRT AND SUN PANTS**, to keep the sun and bugs off your skin while hiking or hanging out.
- **SUN VISOR or BASEBALL CAP** to keep the sun out of your eyes and off your face.
- **HEADLAMP**. A headlamp leaves your hands free for camp tasks.
- **WET SUIT OR HYDROSKIN NEOPRENE SHIRT**, the water here is very cold, yet swimming is a blast.

ESSENTIAL EQUIPMENT YOU WILL NEED TO BRING YOURSELF

- **SHORTS**—one or two pairs (synthetic fabric if possible).
- **SWIMSUIT**. You’ll want to enjoy the water!
- **T-SHIRTS** or other lightweight synthetic shirts. Bring two or three.
- **TOWEL**. There will be showers at the camp.
- **SPORT SANDALS or TENNIS SHOES** for in-camp wear. We recommend old nylon tennis shoes, Keen or other brand of closed toe sandals, which are lightweight and provide maximum foot protection. **Do not bring** open toed sport sandals such as Tevas or Chacos because they don’t protect your toes or upper foot from injury (such as stubbing toes into rock).
- **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.
- **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.
- **UNDERWEAR**. For women especially, changing each day into clean cotton underwear will help prevent urinary tract infection. Cotton is fine, although we recommend synthetic underwear for men.
- **SUNSCREEN AND CHAPSTICK** rated at SPF 15 or higher.
- **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.***

*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 immediately. We need it by June 28th at the latest. You can always call us if your needs change.***

OPTIONAL, PERSONAL ITEMS

This could be a long list, but remember: space is limited!

- **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. Cotton jeans or sweats are okay for in camp, but these keep you cold when they get wet. Nylon travel pants or other synthetic fibers will work the best.
- **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.
- **MOLESKIN** or Spenco's **SECOND SKIN.** These are adhesive foot protectants, found in the foot-care department (like "Dr. Scholl's") of most large drugstores and at runners' equipment stores. These help prevent and treat blisters while you're hiking. We carry it in our first aid kits, but you may want your own supply.
- **BANDANNA** or **HANDKERCHIEF.** Cotton is OK for this.
- **BINOCULARS.**
- **"CROAKIES," "CHUMS" OR GLASSES STRAPS .** to keep sunglasses on your head
- **CAMERA.**
- **COMPASS.** If you are interested in learning navigation.
- **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, guitars are welcome too!
- **NOTEBOOK/JOURNAL** and a pencil.
- **MONEY.** Bring money for lunch at the campus cafeteria on the day your trip leaves, and for stops along the way for snacks, etc. Small amounts of cash are fine; you shouldn't need much money on this trip.

P.S. If you have any questions, you can call us at 503-768-7116, anytime. *If you prefer to get some of your own gear but are having difficulty finding a place to shop, give us a call! We can recommend vendors and discounted gear dealers.*

One last Note: Your trip leader may ask that cell phones and electronic music devices, such as iPods, be stored on campus before trip departure or left in the van at the beginning of your adventure, and not brought with the group into the wilderness. This trip is an opportunity for each participant to leave modern technology behind for a few days. (Trip leaders will carry a cell phone for emergency use, although cell phone reception is often not available in wilderness areas or river canyons). Of course, sharing your talents on the trip with your harmonica, flute, guitar or other portable instrument is always encouraged!