

PERSONAL EQUIPMENT LIST**Sea Kayaking Trip**

The items listed in the first two sections are *essential* for any sea kayaking trip, 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 outdoor trips except as 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 **Equipment Information Form** promptly, whether or not you are borrowing equipment from us. We will notify you if any of the equipment you request is not available.*

- **SLEEPING BAG.** A warm sleeping bag is a must, with a "comfort rating" of 0°F or lower. (Not the kind with pheasants or Pokémon adorning the inside!) 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.**
- **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.
- **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 Tevas 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.

See other side for more essential equipment . . .

ESSENTIAL EQUIPMENT CONTINUED...

- **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.
- **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. We can provide these at no charge.
- **HEADLAMP.** A headlamp leaves your hands free for camp tasks.
- **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.
- **SUN VISOR** or **BASEBALL CAP** to keep the sun out of your eyes and off your face.
- **DAY PACK,** for carrying some warm clothing, food and water on day hikes. Your school bookbag will be fine for this as long as it can be worn on your back.

ESSENTIAL EQUIPMENT YOU WILL NEED TO BRING FROM HOME

- **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 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!***

*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 Gear Request Form by June 28th.***

OPTIONAL, PERSONAL ITEMS

This could be a long list, but remember space is limited. Weigh the risks before bringing fragile gear or items that could be seriously damaged by water. Dry bags sometimes leak and College Outdoors does not take responsibility for damaged equipment. This doesn't mean you shouldn't bring cameras or binoculars; just be sure to check out the boxes and bags to be sure you are comfortable with their ability to repel water and provide cushioning and protection.

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 paddling or hiking. You may want your own but we do have this in our first aid kits.

BANDANNA or **HANDKERCHIEF**—Cotton is OK for this.

BINOCULARS, in a waterproof container.

CAMERA, in water proof container.

COMPASS. If you are interested in learning navigation. The type with adjustable declination setting is best.

EYEGLASSES and one extra set, either another pair of glasses or a set of contact lenses with your own solution.

GAMES (e.g., cards, etc.)

EXTRA JACKET (not cotton) or extra sweater—but only if you tend to get really cold or your first one is thin.

MUSICAL INSTRUMENT, not too heavy or bulky.

NOTEBOOK/JOURNAL and a pencil.

TOWEL. A small towel or "Pack Towel" is usually enough.

MONEY. Bring money for lunch at the campus cafeteria on the day your trip leaves. It can come in handy for gas stops on the drive. Small amounts of cash are fine; you shouldn't need much money on this trip.

ZIP LOCK BAGS, the freezer type are best. Bring enough of them to keep your smaller things dry.

NOTE: If you prefer to get your own gear but are having difficulty finding a place to shop, give us a call!

We'd be happy to 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 satellite phone for emergency use, although reception is often limited in remote areas). Of course, sharing your talents on the trip with your harmonica, flute, guitar or other portable instrument is always encouraged!