

Surf and Hike the Oregon Coast

Due to the many variables of outdoor trips, it's impossible to describe exactly what the trip will be like but this will give you a sense of what to expect. Questions? Get in touch at: outdoors@lclark.edu

About the Location:

About 2 hours west of Portland, situated on a freshwater lake, is a rustic camp set in acres of forest. The camp is separated from the Pacific Ocean by sand dunes and trails, but is so close that you can hear the thundering breakers as waves crash on the nearby shore. This trip includes two days of surfing and instruction in the Pacific Ocean, canoeing or kayaking on lakes at or near the camp, and hiking along the Pacific coast and in ancient forests, as well as other great adventures.

What to Expect:

We'll drive from Portland to a camp near 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. The trails we'll be hiking are rated moderate, with more strenuous trails and longer mileage as options for people who'd like the challenge. The group expects to hike about 5 to 12 miles a day wearing daypacks. Some days may be spent kayaking or canoeing on the large lake next to camp while other days will include surfing on the Pacific. There are rustic cabins at the camp for our group to sleep in. The main lodge of the camp is great, with a full commercial kitchen and large fireplace. The main lodge is where most of the meals and other activities will take place. You'll want a flashlight or headlamp to negotiate the trails for traveling between your sleeping area and the main lodge at night. All trips are non-smoking.

New to hiking or surfing?

No problem! This trip is designed for beginners.

How to Prepare:

- **Break in your boots:** Since we'll be day-hiking remember that new boots can cause painful blisters. It is *very important* to break in your boots by wearing them with appropriate socks for extended periods prior to your trip.
- **Get moving:** It's a great idea to walk or run this summer to get yourself into shape.

What will we eat?

We eat well at the coast! Some examples of typical meals include: curry, pizza, mac & cheese and much more.

What if I don't have outdoor clothing or equipment?

No problem! Check out our packing lists (located on your trip page) for a description of the essential and optional gear for your trip. If you don't have your own outdoor clothing or equipment, we provide what you'll need for free. You must request the equipment ahead of time using this form:

<http://tinyurl.com/c4d5g2r>

What are the risks?

Common injuries which could occur on this trip include: blisters on feet (don't forget to break in your boots), cuts resulting from walking barefoot or use of pocket knives, injuries resulting from falling from surfboards, burns from handling pots on a stove without hot pads or gloves, spilling boiling water, and not applying enough sunscreen. *These are all preventable with a little caution and common sense.*

Yellow jackets (wasps) can be pests, and people with the potential for severe reactions to stings need to carry anaphylaxis kits with them. The beaches are beautiful, but waves can be unpredictable and participants should always be aware of the surf. Students on this trip should be comfortable with swimming. Due to wildfire danger, all trips are non-smoking. Learn more about possible risks [here](#).

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. All our trip leaders are trained as Wilderness First Responders.

Complete and return the online Health & Diet Questionnaire to inform our trip leaders of any conditions or illnesses that you have.

Have a great summer, and we'll see you in August!