

New Student Trips
PERSONAL EQUIPMENT LIST
Creative PDX: Exploring the Arts in Portland

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://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. *Be prepared* for rain, wind, heat, cold and sun. In Oregon the weather can change quickly! All of the essential equipment listed below can be borrowed from our warehouse for no additional cost.

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. You'll need to fill out the Online Gear Request form (link above) to indicate which pieces of gear you need to borrow.

- **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 JACKET**
- **SWEATER** Or **FLEECE JACKET**
- **WATER BOTTLE.** A plastic 1-liter bottle works fine. Make sure it doesn't leak.
- **SUN HAT OR BASEBALL 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, 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 does not have it to lend to you.*

- **CLOTHES**—several changes. You will not be able to do laundry during your trip.
- **COMFORTABLE SHOES**—for walking around Portland, rain or shine.
- **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**—In case you want to buy anything while in town during the trip.
- **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 them 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 turn in your Online Gear Request Form right away (even if you are not requesting gear).***

See other side for more recommendations . . .

OPTIONAL PERSONAL ITEMS

Some of these items might make your trip more comfortable.

- **HEADLAMP** 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.
- **CHAPSTICK** with SPF 15 sunscreen.
- **EXTRA EYEGLASSES** or **CONTACT LENSES, AND SOLUTION**
- **GAMES**—cards, board games or other diversions.
- **MUSICAL INSTRUMENTS**—like a guitar or kazoo.
- **PILLOW**
- **EARPLUGS**—nice if you are a light sleeper.

**One last Note:* Your trip leader may collect cell phones and electronic music devices, such as iPods, to be stored on campus before trip departure or left in the van at the beginning of your adventure, and not brought with the group. This trip is an opportunity for each participant to leave modern technology behind for a few days. (Trip leaders will carry a phone for emergency use).