

PERSONAL EQUIPMENT PACKING LIST

Creative PDX: Exploring the Arts in Portland New Student Trip

We will be staying at in indoor facility, but we will have outings, so it is important to be prepared for the elements in order to ensure that you'll have the best possible experience. All the specialty outdoor equipment can be borrowed from us for free, so you shouldn't need buy anything. Be sure to submit your **Online Gear Request form** to College Outdoors as soon as possible, **even if you do not plan to borrow anything**, so we can prepare equipment.

REQUIRED EQUIPMENT – available to borrow from College Outdoors for FREE

- SLEEPING BAG.** Any type (including a slumber party-type bag) is fine; you'll be indoors.
- SLEEPING PAD** for sleeping on the floor. Foam pads are great, or inflatable pads (such as Therm-A-Rests) are also good and more comfortable, but more expensive.
- 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* plan to use a cheap, fold-up poncho.
- SWEATER or FLEECE JACKET**
- WATER BOTTLE.** Any 1-liter bottle works fine. Make sure it doesn't leak.
- SUN HAT OR BASEBALL CAP**—to keep paint out of your hair, and the sun out of your eyes.
- DAYPACK** (like you carry your books in) to carry a 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.

REQUIRED EQUIPMENT – you will need to bring yourself (not available to borrow)

- MASK OR CLOTH FACE COVERING.** You'll need **at least 6**, one for each day. We'll wear a mask during van rides and some other times when physical distancing cannot be achieved. The [CDC provides guidelines on homemade face coverings](#), or you can buy them. **If you need help obtaining masks, contact us.** Be sure to try on your masks and practice wearing them. If you wear glasses, you will want a mask with a wire nose piece to prevent fogging.
- CLOTHES**—several changes. You will not be able to do laundry during your trip. Bring a **swimsuit** if you'd like to get wet.
- COMFORTABLE SHOES**—for walking around Portland, rain or shine.
- TOWEL & SHOWER SUPPLIES**
- PERSONAL TOILETRIES**—soap, shampoo, contact lens supplies, toothbrush, toothpaste, menstrual products, etc.
- SUNSCREEN & CHAPSTICK** —SPF 15 or higher is recommended.
- NOTEBOOK** and a pencil.
- 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.

OPTIONAL ITEMS – you may want to bring, but are not essential

- CAMERA.** Do not rely on access to your cellphone camera.*
- HAND SANITIZER.** We will have hand sanitizer available, but it's always a good idea to have your own personal supply.
- SPENDING MONEY**—In case you want to buy anything while in town during the trip. There are no required expenses.
- HEADLAMP** with extra batteries.
- PERSONAL FIRST AID KIT.** We have a group kit but a personal supply of Band-Aids, pain-killers, and other basic first aid items is useful. We don't supply any medication such as aspirin or ibuprofen, so please bring your own.
- MUSICAL INSTRUMENTS** like a guitar or kazoo
- GAMES** such as cards, board games or other diversions.
- PILLOW**
- EARPLUGS** are nice if you are a light sleeper.

**Note About Cell Phones:* Your trip leader may collect cell phones and other electronic devices to be stored during your trip or during the day. These trips are an opportunity to leave modern technology behind for a few days, and connect with each other. Trip leaders will carry a cell phone for emergency use.

Questions? email: outdoors@lclark.edu or call 503-768-7116. We're here to help!