

PERSONAL EQUIPMENT PACKING LIST

Hike & Stand-Up Paddleboard (SUP) Camping May Trip

We will be staying in tents outdoors at a campground, so it is important to be prepared for the elements in order to ensure that you'll have the best possible experience. Mid-May weather in Oregon can vary widely— from warm and sunny to cold and windy. All the specialty outdoor equipment can be borrowed from us for free, so you shouldn't need buy anything. You will have a chance to select what you need to borrow during your Pre-Trip Meeting, the week of April 19th.

A note about cotton: Cotton has little place on outdoors trips except as face masks, t-shirts, bandannas, underwear, and pajamas. Cotton robs your body of heat if it gets wet and can cause hypothermia. Never plan to wear cotton long underwear, blue jeans, cotton fleece jackets, cotton sweats, or similar items on an outdoor trip. Cotton jeans are ok for the van ride.

REQUIRED EQUIPMENT – available to borrow from College Outdoors for FREE

- DUFFEL BAG.** A good way to keep all your gear together. A backpack or small to medium size suitcase will also work.
- SLEEPING BAG.** A warm sleeping bag is a must, with a “comfort rating” of around 20°F or lower. We recommend synthetic sleeping bags or “Dri Down” sleeping bags because they can still keep you warm if they get wet. If you decide to bring a regular (non-water resistant) down sleeping bag, you must be *very careful* not to get it wet. A sleeping bag that is years old will not be nearly as warm as it was when it was new; the insulation compresses and loses its effectiveness over time, especially if the sleeping bag has been stored for long periods of time in a stuff sack.
- SLEEP SHEET / SLEEPING BAG LINER.** A sleep sheet is a thin sheet, sewn in a tube, that slips inside 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. They also add extra warmth and comfort on cold nights. A sleep sheet is only required if you are borrowing a sleeping bag from us.
- SLEEPING BAG STUFF SACK.** Most sleeping bags come with a stuff sack. You need to have this for your trip to protect your sleeping bag from damage and keep it contained.
- RAIN JACKET.** Rain can come at any time in the Pacific Northwest, and May can be a rainy month, even though we will be on the “dry side” of the Cascades. 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! 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 fabric apply here as well. Additionally, for rain pants, zippers at the cuffs that allow you to take your rain pants on and off without removing your hiking boots can be very convenient.
- HIKING PANTS,** to keep the sun and bugs off your skin while hiking or hanging out. Light color is preferred because it allows you to spot bugs like ticks on your pants.
- LONG SLEEVE SHIRT,** to keep the sun and bugs off your skin while hiking or hanging out. Light color is preferred because it allows you to spot bugs like ticks on your shirt. While the weather can vary quite a bit in May, from cold to warm, it is possible to get quite sunburned. **1 OR 2 SHIRTS RECOMMENDED, SYNTHETIC FABRIC, NOT COTTON, IF POSSIBLE.**
- LONG UNDERWEAR TOP, LIGHT WEIGHT:** Quality polypropylene (synthetic, non-cotton) and wool long underwear usually comes in three weights: light, mid, and heavy/expedition. All types can be used in a combination of layers to provide warmth, even when wet. Long underwear serves as an important insulating layer. Capilene, Thermax, Thermostat, and Smartwool are common brand names. If you wear long underwear while hiking or doing other fairly active physical pursuits, you should wear lightweight. Bring 1 light weight long underwear top.
- LONG UNDERWEAR TOP, HEAVY WEIGHT:** Quality Heavy/expedition-weight may be too warm to wear when hiking, but are good to keep you cozy at night. Bring 1 heavy weight long underwear top.
- LONG UNDERWEAR BOTTOMS, LIGHT WEIGHT:** Leggings can be used as lightweight long underwear, as long as they are not cotton. Bring 1 pair.
- LONG UNDERWEAR BOTTOMS, HEAVY WEIGHT:** Synthetic fleece pants can be used as heavy weight long underwear, as long as they are not cotton. Bring 1 pair.
- SWEATER or FLEECE JACKET.** Wool or synthetic fibers all provide great insulation. Don't bring cotton (no cotton hoodie sweatshirts). If it's lightweight, bring two.
- WARM HAT.** Wool, polypropylene or fleece hats are best.
- GLOVES OR MITTENS.** You will want these on cool evenings and possible cold mornings in May.
- SOCKS.** No cotton socks—they can't keep your feet warm when they're wet. **Four pairs** of wool, polypro or synthetic fiber socks will ensure dry, warm, happy feet.

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

REQUIRED EQUIPMENT – available to borrow from College Outdoors for FREE

- HIKING BOOTS** (the more ankle support, the better). If you buy new boots, be sure to break them in! Hike about 10 miles or more to break them in prior to your trip. Proper fit is very important. We do have boots to loan out, and you should check them out early to wear them around campus the week or two before your trip to make sure they fit and don't give you blisters. Our most common injuries are blisters from students who haven't broken in their hiking boots.
- GAITERS** are like jackets for your ankles, and protect you from ticks, poison oak, and mud. We have plenty to lend.
- CLOSED TOED WATER SHOES.** Keens, old sneakers, or Tevas *with a closed toe* will work just fine. **Do not bring** open toed sport sandals such as Tevas or Chacos because they don't protect your feet from injury (such as stubbing toes into rock).
- WETSUIT.** "Shorty" Wetsuit (one with short-sleeves and shorts) works well, OR farmer-john style wetsuit (sleeveless with long pants), with a hydroskin shirt to go underneath. If you get cold easily, ask for a full-length wetsuit.
- SPLASH TOP.** For extra warmth if it is cool and breezy. This is basically a short waterproof jacket to protect you from spray or rain showers.
- WATER BOTTLES OR HYDRATION SYSTEM** (at least 2 quarts total capacity). Any lightweight plastic bottle that does not leak will be OK. Hydration bladders (such as Camelback) systems work as well.
- 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 dust free (since it is almost desert where we're camping) and are used to pack out garbage at the end of the trip. **Non-scented only!**
- HEAD LAMP.** A headlamp leaves your hands free at night for camp tasks. Bring extra batteries for back up.
- SUNGLASSES** with ultraviolet (UV) protection. This is for your own safety! On a bright spring day you can burn your eyes as well as the rest of your skin with the reflection off the water.
- "CROAKIES," "CHUMS" or GLASSES STRAPS** to keep your glasses/sunglasses on your face or around your neck, not broken.
- SUN HAT 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 from the base camp. Your school bookbag will be fine for this as long as you can wear it on your back. No messenger bags. You will be provided with a dry bag to use while Paddleboarding.

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

- FACE MASK.** You'll need **at least 5**, one for each day. Between sweat and dust, a fresh mask is needed each day in the backcountry. We'll wear masks whenever physical distancing is not practical. In addition to your personal masks, we will provide you with your choice of an N95 or KN95 mask to be worn in vehicles.
- HAND SANITIZER.** Carry a small personal bottle of hand sanitizer that you can use frequently. We will have hand sanitizer available, but it's always a good idea to have your own personal supply.
- SWIMSUIT** or quick-dry nylon shorts; a sports bra combined with quick-dry nylon shorts works well. You'll need something to wear under your wetsuit.
- SHORTS**—one or two pairs (synthetic fabric if possible).
- T-SHIRTS** or other lightweight synthetic shirts. Bring two or three. Some of the T shirts can be cotton, but have at least one synthetic.
- UNDERWEAR.** Changing each day into clean underwear will help prevent discomfort, yeast infection, and urinary tract infection – especially for women. Cotton is fine, and may be preferable since it is breathable.
- TOWEL.** For drying off after SUPping. Depending on Covid-19 restrictions at the time of the trip, the shower facilities at the campground may or may not be open.
- SPORT SANDALS or TENNIS SHOES** for in-camp wear. We recommend old nylon tennis shoes or closed-toe sandals (such as Keen brand), 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, shower supplies, and menstrual products. Try to find travel-size items and avoid bringing anything in a glass container. Pack everything in a ziplock bag to prevent shampoo (or toothpaste) from leaking all over your clothes.
- SUNSCREEN AND CHAPSTICK** rated at SPF 20 or higher.
- 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 them the backup supply in case yours gets lost or wet. If you have been prescribed an **EpiPen** or **Inhaler**, bring them.
- 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. Digital versions are OK. **Don't leave home without it.***

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

- CAMERA.** Do not rely on access to your cellphone camera.* A dedicated camera is encouraged if you like to take your own photos, though a group trip camera is usually taken along on all trips.
- 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.
- BANDANA or BUFF.** Cotton is fine for this.
- SUN SHIRT,** breathable shirt to keep the sun and bugs off your skin while hiking or hanging out.
- BINOCULARS**
- 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, and guitars are welcome too!
- NOTEBOOK/JOURNAL** and a pencil.
- MONEY** for extra purchases you might want to make; there won't be any required expenses.
- PILLOW.** A small pillow is comfy, or a just use bunched up clothes in a stuff sack and save a lot of space in your bag!
- LINER SOCKS: *One or more additional pairs*** of thin, non-cotton, slippery liner socks (such as silk or polypro) to wear under your thick wool or synthetic socks will aid in blister prevention on day hikes. Socks that fit well help prevent blisters.

***Note About Cell Phones:** You may not have cell service during your trip and these trips are an opportunity to leave modern technology behind for a few days, and connect with each other. You are welcome to bring your phone for taking pictures, but we recommend keeping it on Airplane Mode to extend battery life and preserve the outdoor experience. We recommend NOT taking your phone out on the water while Paddleboarding. Your trip group may decide to leave cell phones behind entirely, but trip leaders will carry a satellite phone/communicator for emergency use, although reception is often not immediately available in wilderness areas or river canyons.

Weather: It's not unusual to have rain storms or even a little **snow** in May, so be prepared with warm clothing, a warm sleeping bag, and good raingear. Come prepared for any conditions so that you can enjoy the trip no matter what the weather!

If you have any questions, you can call us at 503-768-7116, anytime. If we are out of the office, just leave a message and we will call you back. If you prefer to get some of your own gear but are unsure of where to shop, or you have some items but you aren't sure if they are quite right, give us a call! We can recommend vendors and discounted gear dealers, and we LOVE to talk with you about the trips!