

Name: _____ Mailbox # _____

May Raft Clinic Personal Equipment List (car camp every night of the trip) (updated 03/21 TL)

Place a check mark next to the items you need to borrow.

- ☐ Rain Jacket. (rubber is preferred over coated nylon since it will keep you drier in the rain and you won't need the breathability that nylon offers since you won't be hiking and sweating in your raingear, but instead hanging out in camp trying to stay dry in the rain)
- ☐ Rain Pants. (see note above for why to go with rubber vs coated nylon)
- ☐ 2 sets Lightweight Long Underwear Tops. One for camp and one for under your drysuit.
- ☐ 2 pairs Lightweight Long Underwear Bottoms. One for camp and one for under drysuit.
- ☐ Heavyweight Long Underwear Top. One for camp and one for under your drysuit.
- ☐ Heavyweight Long Underwear Bottom or Fleece Pants. One pair for camp.
- ☐ Fleece jacket for camp.
- ☐ Warm Hat for camp.
- ☐ Wool, pile or polypro socks. Two pairs. Good for camp at night.
- ☐ Baseball cap or visor to keep the sun off your face in camp
- ☐ Daypack. To keep your little things organized for the drive there and back.
- ☐ Sleeping Bag. Synthetic. Rated for 0°. We will likely be sleeping in tents every night.
- ☐ Sleep sheet/Sleeping Bag Liner. Goes inside sleeping bag. Nice when warm enough that you don't want to be wrapped up in your whole sleeping bag. They also add extra warmth on cold nights. A sleep sheet is only required if you are borrowing a sleeping bag from us.
- ☐ Sleeping Pad. Ensolite Pad or Therm-a-rest for ground insulation and comfort.
- ☐ Big clear garbage bag (2). This is what you will keep all of your camp clothes and gear in.
- ☐ Drysuit. This suit will keep you dry on the river! Get fitted by leader...essential.
- ☐ Neoprene Booties. These offer good foot protection and keep your feet somewhat warm in the cold water. Other footwear options: an old pair of running shoes with neoprene socks. Closed-toe river shoes (Teva, Keen, etc) are acceptable with a pair of neoprene socks.
- ☐ PFD. Personal Flotation Device (also known as a life jacket).
- ☐ Helmet. Helps protect your head on the river. Get fitted by leader...essential.
- ☐ Headlamp.
- ☐ Water bottle. You only need one quart-sized bottle for this trip.
- ☐ Sunglasses and retention strap.
- ☐ Retention strap for your prescription eyeglasses (if you plan on wearing them on river).

Ask trip leaders if you'll need these things (if so, can borrow from College Outdoors)

- ☐ Neoprene Gloves. For river on cold weather trips.
- ☐ Fleece mittens or gloves. For camp for cold weather trips.
- ☐ Neoprene cap. When we take breaks on the river on cold weather trips.

Things to bring on trip that College Outdoors does NOT provide (ie YOU bring from home):

- ☐ If you rely on eyeglasses, bring an extra pair.
- ☐ If you typically wear contact lenses, those are great for this trip, but be sure to bring at least one spare pair of contacts in case you lose a pair or a pair gets damaged.
- ☐ 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 and a tube-style mask to be worn while rafting.
- ☐ Hand Sanitizer: Bring a small personal bottle of hand sanitizer that you can use. We will have hand sanitizer available, but it's always good to have your own personal supply.

Checklist continues on next page

Things to bring on trip that College Outdoors does NOT provide (ie YOU bring from home):

- ___ Camp shoes. Running shoes or tennis shoes work well for camp. Flip-flops do not. Your camp shoes are just for camp and can't double as river shoes, since your river shoes will get very wet everyday.
- ___ Camp clothes: jeans, shorts, t-shirt, hoodie, etc. We will be somewhat limited on space, so please just bring a small selection of clothes for camp and for the drive.
- ___ Underwear. Changing each day into clean underwear will help prevent discomfort, yeast infection, and urinary tract infection – especially for women. Cotton is good for camp. And synthetic is preferable for our days on the river.
- ___ Personal items: hand lotion, toothbrush, toothpaste, etc
- ___ Very important to bring a Puffy jacket or some other extra-warm layer that will fit over all other layers (for really cold nights)
- ___ 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.

Optional items that you may want to bring, but are not essential:

- ___ Games (playing cards, travel size games)
- ___ Musical instrument. Harmonicas and flutes pack easily.
- ___ Pillow. A SMALL pillow is nice, or just use bunched up clothes to make a pillow out there.

Things College Outdoors will bring on the trip for you:

- ___ Waterproof Camera. Pictures taken on trip will be posted on the College Outdoors website.
- ___ Sunscreen

***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 rafting. You are welcome to leave your cell phone behind entirely, but trip leaders will carry a cell phone for emergency use, although reception is often not immediately available in wilderness areas or river canyons.

Weather: Although you will be in the desert part of Oregon, it's not unusual to have cold wind and even rain storms 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!