

PERSONAL EQUIPMENT PACKING LIST

Discover Coastal Rainforests & Beaches New Student Trips

We will be staying in an indoor facility, but this is still an outdoors trip, so it is important to be prepared for the elements in order to ensure that you'll have the best possible experience. If you need one, a headlamp can be borrowed for free. 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.

A note about cotton: Cotton is not the best choice for outdoor activities, because when it gets wet it can rob your body of heat and takes a long time to dry in the humid climate of the Oregon Coast. When possible, plan to wear synthetic fabrics such as athletic attire or quick-dry hiking clothes. It's fine to have cotton (such as jeans, sweatshirts, etc.) for hanging out in camp and at night.

REQUIRED EQUIPMENT

- DUFFEL BAG.** A good way to keep all your gear together. A backpack or small to medium size suitcase also works great.
- 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. Also, it's best not to bring an insulated rain jacket, as you will be too hot if you have to hike in it.
- HIKING PANTS,** to keep the sun and bugs off your skin while hiking or hanging out. Athletic joggers, synthetic sweatpants, or synthetic leggings work great if you don't already own synthetic (i.e., non-cotton) hiking pants.
- LONG SLEEVE SHIRTS** The Oregon coast is often cool and windy, even on a sunny summer day. It's important to have long sleeve shirts to layer and wear.
- SWEATER or FLEECE JACKET.** Wool or synthetic fibers all provide great insulation, and keep you warm even if they get wet. If it's lightweight, bring two. In August, it can easily dip down to 50 degrees F. in the evening and stay at that temperature through the early morning.
- WARM HAT.** Wool, polypro, capilene or fleece. Great if it happens to be a drizzly day and you want to keep your head from getting wet.
- SOCKS.** Bring at least one pair per day, more is better in case they get wet or sandy.
- COMFORTABLE HIKING SHOES/BOOTS.** We suggest bringing sturdy boots with good ankle support, but any comfortable sneaker is fine (as long as you don't mind them getting dirty). If you buy new boots, be sure to break them in by hiking around your neighborhood. Our most common injuries are blisters from students who haven't broken in their hiking boots!
- WATER BOTTLES** (at least 1 liter total capacity). Any lightweight plastic bottle that does not leak will be OK. Empty Gatorade bottles are a cheap, easy way to go. Camelback hydration systems work as well.
- DAY PACK,** for carrying some warm clothing, food (like your sack lunch) 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 please.
- 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. The glare off the ocean and the sand can be intense on some days in late summer in Oregon.
- SUN HAT or BASEBALL CAP** to keep the sun out of your eyes and off your face.
- HEADLAMP/FLASHLIGHT.** A headlamp leaves your hands free for camp tasks, but any flashlight works fine. You'll need it for walking between dark buildings at night.
- SHORTS**—one or two pairs.
- T-SHIRTS** or other lightweight synthetic shirts (avoid cotton if you have a choice, but cotton will work fine too). Bring two or three.
- UNDERWEAR.** Changing each day into clean underwear will help prevent discomfort, yeast infection, and urinary tract infection – especially for women.
- PAJAMAS.** Any comfy clothes you can sleep in will work great.
- SPORT SANDALS or TENNIS SHOES** for in-camp wear, and for visiting tide pools. 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 sharp barnacles in the tide pools, or on sharp rocks).

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

REQUIRED EQUIPMENT (CONTINUED)

- 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.
- 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.
- 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.***
- MASK OR CLOTH FACE COVERING.** Even if you are vaccinated, masking may be required in some areas at the time of your trip.

OPTIONAL ITEMS

- RAIN PANTS.** The suggestions for a rain jacket fabric (2nd required item above) 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, but definitely not necessary.
- SWIMSUIT.** Swimming in the Ocean is not allowed (it's WAY too cold anyway), but there is a freshwater lake at this camp.
- "CROAKIES," "CHUMS" or GLASSES STRAPS** to keep your glasses/sunglasses on your face or around your neck, not broken.
- 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.
- HAND SANITIZER.** We will have hand sanitizer available, but it's always a good idea to have your own personal supply.
- PERSONAL FIRST AID KIT.** We carry a group kit, but you may want to bring one of your own that includes pain killers, 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) if you need them to function.
- 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.** Pillows and bedding are provided at the camp, but if you have a favorite comfy pillow feel free to bring it!

**Note About Cell Phones:* Your trip leader will collect cell phones and other electronic devices to be stored during your trip. 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, although reception is often not immediately available in wilderness areas).