

# PERSONAL EQUIPMENT PACKING LIST

## Creative PDX: Exploring the Arts in Portland New Student Trip

You will be staying in your Fall semester residence hall on campus, 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. Keep in mind that anything that you ship to LC will not be available until after your New Student Trip (NST), on the first day of New Student Orientation (NSO).

### REQUIRED EQUIPMENT

- KN95 MASK (OR BETTER).** You'll need **at least 6**, one for each day. It's possible that masking may be required in many of the public places we will visit, even for those who are vaccinated.
- 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** so you have a warm layer during cool evenings
- 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.
- CLOTHES**—several changes. You may not be able to do laundry during your trip. Bring a **swimsuit** in case there is an opportunity to visit the LC outdoor pool.
- 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.
- BEDDING** and pillow
- HEADLAMP** or flashlight
- 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.
- 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.
- 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.