

Hike & Stand-Up Paddleboard Mt. Hood New Student Trip (NST)

About the Location:

The iconic Mt. Hood is Oregon's highest peak, standing tall at 11,249' as part of the Cascade Range. Mt. Hood is an active volcano that has erupted within the past 500,000 years sculpting the dramatic and beautiful valleys, ridges, and formations that make up the mountain. There are several glaciers at the summit of the mountain, making the peak snowcapped year round. The summer months bring lower parts of the mountain (where you'll be camping) wildflowers of all colors. Along the West side of the mountain runs the Pacific Crest Trail, a well-known and traveled "thru-hike" that may become part of one of your group's day hikes.

This National Forest is spectacular in August, with views of the impressive mountain, purple lupine flowers, and a cacophony of emerald green. You'll see waterfalls, old lava rock, and sweeping views of the mountain. Keep an eye out for Roosevelt elk, black-tailed deer, and Northern Spotted Owls as you hike through open meadows and dense forests on the lower parts of the mountain.

What to Expect:

You'll be camping in tents at Lost Lake campground, eating great food made by you and your fellow tripmates. The facilities are rustic, with campground spigots for water and gender-neutral pit toilets. The campground is about a 2-hour drive east of Portland, and totally worth the trip. On the last day of your trip, we'll pack up early, head back to Portland, and arrive late in the afternoon, the day before New Student Orientation begins. During the trip we will have adventures every day, including stand up paddle boarding on Lost Lake and spectacular hikes into Mt. Hood National Forest. Of course, there will also be time to relax back at camp, and to get to know the other new students on your trip. Because there are lots of day hikes, good fitting comfortable hiking shoes or boots are important. Having lightweight hiking boots with ankle support is the best, since it helps protect you from twisted or injured ankles (low cut hiking shoes have no ankle support). As you might expect, not everyone in the group will hike at the same speed, so we'll do what is best for the group when it comes to pace and routes. On a short day hike, the group expects to hike about 2-4 miles wearing light daypacks, a longer day hike could be more like 4-8 miles.

The weather can be a beautiful 80° F at noon, and but drop to colder temperatures in the 50s and 40s at night. The camp is at 4,000 feet in elevation, so expect warm sunny days and cool nights. Afternoon thunderstorms with lightning can occur but tend to be fairly short. It's rare to have a rainy period lasting several days in August, but possible.

We practice minimum-impact camping techniques such as packing out all litter and food waste, not using soap in streams or lakes, and not camping on fragile meadows. We'll go over these practices before we head out.

New to hiking, canoeing, or stand up paddle boarding?

No problem! This trip is designed for beginners and is perfect for those interested in spending time both on land and on the water.

How to Prepare:

- **Break in your boots:** Since we'll be day-hiking remember that new boots can cause painful blisters. It is *very important* to break in your boots by wearing them with appropriate socks for extended periods prior to your trip. If you borrow hiking boots from College Outdoors, our boots are synthetic leather, fairly lightweight, and tend not to cause many blisters.
- **Get moving:** It's a great idea to walk or run this summer to get yourself into shape.

What will we eat?

We eat well on this trip! Some examples of typical meals include: curry, pizza, mac & cheese. This trip can accommodate most dietary restrictions and allergies, as long as you let us know about them ahead of time. For vegan and other non-medical specialty diets, there is an additional \$5/day meal charge. *There is no extra cost for vegetarian diets or medical diet restrictions.*

What if I don't have outdoor clothing or equipment?

No problem! Check out our packing lists (located on your trip page) for a description of the essential and optional gear for your trip. If you don't have your own outdoor clothing or personal equipment, we provide what you'll need for free, as long as you *request the equipment ahead of time* using the online form found on our website.

What are the policies?

Participants on College Outdoors trips are expected to follow all [Lewis & Clark College conduct policies](#). All trips are tobacco, drug, and alcohol free, including vaping, medical cannabis, and tobacco products. Nicotine patches and gum are permitted.

College Outdoors has specific policies and procedures to mitigate risks on trips, which are outlined in the [policy brochure](#) and will be explained by your trip leaders. These policies include: Respecting others, food sanitation practices, requiring the use of Personal Floatation Devices (PFDs, sometimes referred to as lifejackets), requiring close-toed shoes, staying 6 ft. away from cliff edges, practicing "leave no trace" in the outdoors, and not engaging in exclusive or sexual relationships during trips. Policy violations may result in disciplinary action and/or removal from trips at your expense.

What are the risks?

Common injuries which could occur on this trip include: blisters on feet (don't forget to break in your boots) and burns from not applying enough sunscreen. *These are all preventable with a little caution and common sense.* Yellow jackets, wasps, or hornets are very common at this time of the year, and *people with the potential for severe reactions to stings should plan to bring their own anaphylaxis kits (EpiPens).* Fire danger can be very high in August, and the threat of a wildfire is real. Participants need to be very careful with any type of fire. [Learn more about possible risks here.](#)

Please note that the nearest large hospital is 2hrs away in Portland. Our trip leaders generally carry cellular phones, but remember cellular service is not always available in rural or remote areas. Trip leaders are trained as Wilderness First Responders.

More questions? Just ask! We LOVE to talk about trips!