

# PERSONAL EQUIPMENT PACKING LIST

## Frontcountry Camping New Student Trips

We will be camping in tents outdoors and going on outdoor excursions during the day, so it is important to be prepared for the elements in order to ensure that you'll have the best possible experience. All the specialty outdoor equipment can be borrowed from us for free, so you shouldn't need buy anything. 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. If your trip will use wetsuits and other specialized water gear, we'll provide that for everyone, so those items are not included in this list.

**A note about cotton:** Cotton has little place on outdoors trips except as 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.

### 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 & SLEEP SHEET.** A sleeping bag rated for temperatures of 32 degrees Fahrenheit, or colder, will work for this trip. 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. 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. We recommend you have one for your trip to protect your bag from damage and keep it contained.
- ☐ **CLOSED CELL FOAM SLEEPING PAD.** This type of pad works best because it won't absorb water. Inflatable pads like Therm-A-Rests (by Cascade Designs) are also a good option and more comfortable, but more expensive.
- ☐ **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, 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.
- ☐ **LONG SLEEVED NON-COTTON SHIRT.** Good for keeping the sun and any mosquitos off of you. Nylon, fleece, Capilene, or other synthetic fibers will work the best.
- ☐ **LONG UNDERWEAR (TOP AND BOTTOM).** Quality polypropylene (synthetic, non-cotton) and wool long underwear usually come in three weights: light, mid, and expedition. All types can be used in a combination of layers to provide warmth, even when wet. Capilene, Thermax, Thermostat, and Smartwool are common brand names. For this trip, you should bring light-weight. Long underwear serves as an important insulating layer, and it is very important that it isn't made of cotton, which won't keep you warm if it gets wet!
- ☐ **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. No cotton sweatshirts please!
- ☐ **WARM HAT.** Wool, polypro, capilene or fleece.
- ☐ **SOCKS & LINERS.** No cotton socks—they can't keep your feet warm when they're wet. **Three pairs** of wool, polypro or synthetic fiber socks will ensure dry, warm, happy feet. **An additional pair** of thin, non-cotton, slippery liner socks (such as silk or polypro) to wear under your thick wool will aid in blister prevention on day hikes. Socks that fit well also help prevent blisters.
- ☐ **COMFORTABLE HIKING BOOTS.** We suggest sturdy boots with good ankle support, preferably mid- or high-tops. We do have high-quality boots to loan out, but bring your own if you already own them. Your own boots will be better conformed to your feet (i.e. more comfortable and less likely to give you blisters). 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!
- ☐ **CLOSED TOED WATER SHOES.** Keens, old sneakers, or Tevas *with a closed toes* 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).
- ☐ **LARGE GARBAGE BAGS.** One or two heavy-duty, 1.4 mm thick or thicker, (25 gal. or more) to help keep your clothes and sleeping bag dry, and to pack out garbage at the end of the trip.
- ☐ **WATER BOTTLES** (at least 2 liters 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 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.
- ☐ **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.
- ☐ **"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.
- ☐ **HEADLAMP**. A headlamp leaves your hands free for camp tasks. You'll need it for walking around camp at night.

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

- ☐ **SHORTS**—one or two pairs (synthetic fabric if possible).
- ☐ **KN95 MASKS (OR BETTER)**. You'll need **at least 6**, one for each day. We'll wear a mask during van rides and some other times when physical distancing cannot be achieved.
- ☐ **SWIMSUIT**. Only required for trips with water-based activities (kayaking, SUPing, surfing); optional for hiking-only trips, since you may still have an opportunity to swim for those who are interested.
- ☐ **T-SHIRTS** or other lightweight synthetic shirts. Bring two or three.
- ☐ **UNDERWEAR**. Changing each day into clean underwear will help prevent discomfort, yeast infection, and urinary tract infection. Cotton is fine, and may be preferable since it is breathable.
- ☐ **TOWEL**. There may be showers at the camp, depending on your trip's destination.
- ☐ **TENNIS SHOES** to wear in camp. 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.
- ☐ **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.***

## 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.
- ☐ **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 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.
- ☐ **PUFFY JACKET**. A packable/compressible down or synthetic puffy jacket that isn't too bulky is a cozy way to stay warm in the cool evenings at camp. You can also achieve this with multiple warm fleece layers (which can be borrowed for free).
- ☐ **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 or inflatable pillow is comfy, or a just use bunched up clothes in a stuff sack and save space in your bag!

\*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).

**Questions?** email: [outdoors@lclark.edu](mailto:outdoors@lclark.edu) or call 503-768-7116. We're here to help!