

## Hike and Kayak Northwest Oregon Coast New Student Trip (NST)

### About the Location:

Nehalem Bay State Park is located on a spectacular peninsula on the Oregon coast, situated between the Pacific Ocean on its Western side and the Nehalem Bay estuary on its Eastern side. Nearby are options for hiking coastal bluffs, temperate coastal rainforests, and sandy beaches. The open ocean is too dangerous to kayak here, so we'll explore by kayak the calm waters of the spectacular estuaries, lakes and nearby rivers. Experience amazing sun rises and sets during the clearest weather of the year. The landscape is covered in ancient Sitka Spruce and Douglas Fir trees, and Evergreen Huckleberries which will be just beginning to ripen. Expect to see wildlife including Sea Otters, Bald Eagles, Osprey, Elk, and more!

### What to Expect:

On the first day of your trip, you will drive to a campground at Nehalem Bay State Park. During the trip, you will stay in yurts, and alternate days of hiking and kayaking. On the last day of your trip, you'll pack up and head back to Portland the evening before New Student Orientation begins. Nehalem Bay is about a 2<sup>1</sup>/<sub>2</sub>-hour drive from Portland, with kayaking suitable for beginners, and the group will practice basic sea kayaking techniques and rescue methods at the start of the trip. This will involve getting wet! On some days, the group may paddle 6 miles or more, some days will be for hiking and exploring and on other days you will spend substantial time playing kayak games. Participants will need to wear wetsuits at times (which we can provide), depending on the weather and the paddle locations. While day-hiking, not everyone in the group will be able to hike at the same speed, so we'll do what is best for the group when it comes to routes. On average, the group expects to hike about 3-6 miles every other day with daypacks.

Weather factors (such as wind and rain) may influence the group's plans and route. Wind can be a factor at any time on the water, although it tends to be calmer in the early morning. August on the Coast is generally beautiful, and this trip has had great weather most years. However, it's possible for weather at this elevation to be a warm 80°F at noon and then be raining by 4 p.m. Rain can blow in from the Pacific Ocean at any time, creating wet, foggy weather that requires good rain gear.

### New to hiking or kayaking?

No problem! This trip is designed for beginners, and fun for every experience level.

### 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 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, and any exercise that improves core strength will help your paddle strokes. If you have the chance to paddle, do it! It's great to start getting those muscles ready for the water.

### What will we eat?

We eat well on this trip! Some examples of typical meals include: curry, pizza, mac & cheese and much more. 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.*

We will have access to clean water in the camp ground, as well as public showers and gendered bathrooms.

### 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. To help prevent foot injuries, we do not allow open-toed sandals on our trips. 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 hands (from paddling) or feet and burns from UV reflection off the water (or just from not applying enough sunscreen). *These are all preventable with a little caution and common sense.* Yellow jackets (wasps) can be pests 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).* [Learn more about possible risks here.](#)

Please note that our hikes will sometimes go to remote areas and medical help could be hours away. Our trip leaders generally carry cellphones or satellite phones, but remember service is not always available in remote areas. Trip leaders are trained as Wilderness First Responders.

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