

Pride OUTside: Explore the Oregon Coast New Student Trip (NST)

What is Pride OUTside?

This outdoor trip is exclusively for students who identify as gender non-conforming, transgender, non-binary, genderqueer, intersex, and gender diverse, as well as those who are questioning or looking to explore their gender identity. The trip is led by student leaders who not only have experience and training as wilderness guides with the College Outdoors program, they also identify as transgender or gender non-conforming, and are excited to build a gender-affirming space for you!

Participation is Not Anonymous

Due to the structure of these trips, it is not possible to make participation anonymous. However, we will take steps to make participation discreet. When you arrive for your trip, you will be alongside other new students attending other trips. You will all check in together, store any items not going on your trip, then head over to the area near our warehouse to meet your group and leaders. Throughout this process we will refer to your trip as “Explore the Oregon Coast”, and drop the “Pride OUTside” portion of the trip name. Please keep in mind that if other students on your trip share the theme, or if students on other trips have carefully reviewed all the trip options on the website, they may know that your group is the Pride OUTside group regardless of official signage.

When you register, if you have parent or guardian contact information in the L&C system, then that person will be copied on all communications from us. This means they will see emails which address you by your chosen name, and provided details about your choice to participate in the Pride OUTside trip. Although we have in place the steps described above to make your trip choice discreet, we cannot guarantee that your trip choice could not become known to anyone (such as a family member) who drops you off at campus for the trip.

Because we cannot guarantee anonymity for participation, we recommend that if this is a concern for you, you should consider choosing a different trip. Whether you choose this trip or another New Student Trip, all our trip leaders are trained on topics of gender-diverse inclusion and are eager to welcome you to the L&C community!

About the Location:

The Oregon Coastline features some of the most spectacular scenery in the state, with dramatic cliffs, towering old-growth trees, waterfalls, ferns, sandy beaches, crashing surf, coastal lakes, and, if the time is right, tide pools. We'll get to relax on the sandy beaches, and hike some of the Northwest's many coastal trails, where you'll see some of the most productive temperate rain forest on earth. Keep an eye out for newts, sea lions, and numerous birds including the dinosaur-like cormorant! The coastal forests and waterways are the traditional lands of the Chinook, Willapa, Lower Chinook, Clatsup, Kathlamet, and Nahalem tribes, whose traditions are interwoven with this vibrant ecosystem of abundance.

You'll be staying in “deluxe cabins” at Cape Lookout State Park. These cabins have heat/power, bunk beds, and private bathrooms with showers in your cabin. Although the State Park will have other visitors staying in other cabins nearby, your group will have private indoor space and your own outdoor space to gather, prepare meals, and relax around the campfire. The cabins are situated away from the main campground, just a few hundred yards from the beach, and along forest trails.

What to Expect:

The first day of your trip you'll drive about 2.5 hours to the coast, and settle into your cabins. Each day we'll explore, go on hikes, and learn about the fascinating geology and natural history of the area. Typically hikes will be at a moderate pace, and last a few hours, leaving plenty of time to enjoy the landscape and get to know your group. Evenings will be spent relaxing, reflecting, learning about life at LC, and connecting with the other people on your trip. We'll work together to prepare meals and perform camp tasks in the outdoor camp kitchen, and sleep in cozy cabins at night. Unless there is a fire ban in August (which is common form most of Oregon, but less common at the coast), evenings will be spend around the fire ring.

On the last day of the trip, we'll pack up camp and head to Portland the night before New Student Orientation begins. Your group and leaders will help you move into your residence hall when you get to campus.

New to Hiking?

No problem! This trip is designed for beginners and perfect for any adventurous spirit who wants to explore, bond with a small-group of peers, and see some of the Pacific Northwest's most spectacular trails. We'll teach you everything you need to know, and provide all of the equipment you need.

How to Prepare:

- **Break in your boots:** new boots + hiking = painful blisters. If you have new boots, it is *very important* to break in your boots by wearing them on long walks or hikes before your trip. If you borrow hiking boots from College Outdoors, our boots are synthetic leather, fairly lightweight, and tend not to cause many blisters. Pro Tip: try wearing a thin "liner" sock under your hiking socks to reduce friction and prevent blisters.
- **Get moving:** it's a great idea to walk or jog this summer to get yourself prepared for hiking.

What will we eat?

We eat well on trips! Some examples of typical meals include: curry, mac & cheese, and pancakes. 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. We provide all the group gear such as stoves and camp chairs. 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.

Other Considerations

Hormones: If you take hormone injections, we recommend working with your physician to adjust your injection schedule so that you do not need to administer during the 6 day trip. If necessary, you can do injections while on a camping trip, we just ask that you bring an extra needle, syringe and if possible an extra vial. If you are bringing medication on the trip, consult with your doctor about the temperature range at which it must be stored (refrigeration is available in the cabins).

Binding & Compression Clothing: Binding/wearing compression clothing could interfere with physical comfort while hiking, especially if it is hot. We are happy to talk through some options to help you feel affirmed without compromising your health. Please contact us for more information.

If you have any questions about any specific needs while on the trip please email the College Outdoors Program Manager, Kori Campbell (she/her) at kori@lclark.edu. You may also contact outdoors@lclark.edu, but be aware that email is monitored by a number of different people including student workers.

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?

The most common injuries which could occur on this trip are 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) 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!