

PERSONAL EQUIPMENT PACKING LIST

Green Gorge Tour New Student Trip

We are excited to have you join us on the Green Gorge New Student Trip! For this trip, we will be staying at a facility called [Menucha](#) in [Corbett, Oregon](#), while spending lots of time in the community and out of doors in the [Columbia River Gorge](#).

In advance of packing, please review the below information, submit an Online Gear Request, and reach out to us with any questions. It is important to be prepared for the elements and our various activities, in order to ensure that you have the best possible experience. To do this, please review the below required and recommended packing lists.

REQUIRED ITEMS – available to borrow from College Outdoors for FREE

- **Sleeping Bag & Sleep Sheet.** Almost any sleeping bag rated for temperatures of at least 40 degrees F 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.** Recommended to protect your bag from damage.
- **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, please don't bring a cheap, fold-up poncho. Gore-tex and other breathable fabrics are going to keep you the most comfortable for hiking, biking, walking etc.

A note about cotton: It's best to wear synthetic fabrics (or wool) when you are hiking or spending time outdoors in the elements. Cotton (such as blue jeans and sweatshirts) robs your body of heat if it gets wet and can cause hypothermia.

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

- **Gear:**
 - Duffel Bag - a suitcase or large backpack will also work well
 - Pillow
 - Water bottle
 - Day pack - for carrying layers, food, water etc. on day trips - your school bookbag will be fine for this as long as you can wear it comfortably
- **Clothing Suggestions:**
 - Plan to bring options for layering, since the weather/temperatures may vary depending on the time of day. The Gorge is often quite warm in late August so please be sure to plan for heat!
 - Pants - a pair for outdoor activities (preferably non-cotton), and a pair for in town and at the lodge
 - Long-sleeve shirt/sun shirt - a lightweight option (to cover up from the sun or mosquitos), as well as warmer layers
 - Sweater or fleece jacket - Wool or synthetic fibers all provide great insulation, and keep you warm even if they get wet
 - Warm hat - wool, polypro, capilene or fleece
 - Sun Hat or baseball cap to keep the sun out of your eyes and off your face
 - Bathing suit, swimming gear

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Questions? email: outdoors@lclark.edu or call 503-768-7116. We're here to help!

- Shoes suggestions:
 - Comfortable sneakers or hiking boots - you'll be walking around and active throughout the day, so you'll want decent walking shoes
 - Sport sandals, flip flops or other sandals okay for the lodge/in town
- Sunglasses - with ultraviolet (UV) protection
- **Personal Items:**
 - Toiletries, towel - both a shower and beach towel, if you have space, all personal toiletries items such as shampoo, etc
 - 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.

OPTIONAL ITEMS – you may want to bring, but are not essential

- 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
- KN95 face masks. If you or someone in your group becomes sick, you may want to wear a mask. These are also useful if you are sensitive to forest fire smoke, which can be present in August. If there is a nearby fire or significantly hazardous smoke, we will adjust the trip plans/location as needed.
- Bandana or buff
- Games (e.g., cards, etc.)
- Money for extra purchases you might want to make - we will be spending some time in town
- Camera
- Books