

College Outdoors Breakaway Adventures

PERSONAL EQUIPMENT LIST

Extended Backpacking Trip

The items listed in the first two sections are *essential* for any backpacking trip, so be sure to bring them or borrow them from us. The third section (the last page) includes optional items intended for your personal comfort based on the experiences of participants on previous trips. Keep these lists for reference as you pack for your trip, and go to <http://www.lclark.edu/dept/outdoors/nsttontrip.html> to submit your *Online Equipment Information Request* to College Outdoors as soon as possible so we can prepare equipment for you. Please submit an online request even if you **do not** plan to borrow equipment from us, so we can be sure that all our participants have the proper equipment. All of the essential equipment listed below can be borrowed from our warehouse for no additional cost.

A note about cotton: *Cotton kills!* Cotton has no place on outdoors trips except as bandannas and women's underwear. Cotton robs your body of heat if it gets wet and can cause hypothermia. Never bring cotton long underwear, cotton jeans, cotton fleece jackets, cotton sweats, or similar items. Call us if you'd like more information.

ESSENTIAL EQUIPMENT THAT YOU CAN BORROW FROM COLLEGE OUTDOORS

*You do not need to buy any of the equipment listed in this section—we can lend it to you at no charge. Of course, you're certainly welcome to bring your own equipment if you have it. Please return the separate **Equipment Information Form** promptly, whether or not you are borrowing equipment from us. We will notify you if any of the equipment is not available.*

- **BACKPACK.** Internal frame packs will work the best, but a frame is necessary. Be sure it is ruggedly constructed and has a sturdy, padded hip belt. Make sure it is fitted properly to your body. The store where you purchase it should be able to help with this. Your pack should be large enough to hold your gear with *extra* room for group food & equipment. (This usually means a pack volume of about 5500 cubic inches or more.) Another nice feature to have is a detachable daypack, as you may be taking a variety of shorter dayhikes during your trip.
- **SLEEPING BAG.** A warm sleeping bag is a must, with a “comfort rating” of 0°F or lower. (Not the kind with pheasants or Pokémon adorning the inside!) If you decide to bring a down sleeping bag, you must be *very careful* not to get it wet. A synthetic bag will still keep you warm if it gets wet, but a down bag will not. We recommend using synthetic bags, but if you do choose to use a down bag, it is important to have a waterproof, breathable bivy sack, to protect your bag.
- **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 especially from rain. Line the inside of the sack with a plastic garbage bag before stuffing your sleeping bag inside. This will increase the chances of your sleeping bag staying dry should it rain.
- **CLOSED CELL FOAM SLEEPING PAD.** This type of pad works best because it won't absorb water. Therm-A-Rests (by Cascade Designs) are good and more comfortable, but more expensive.
- **RAIN JACKET.** Rain can come at any time in the Pacific Northwest—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* bring a cheap, fold-up \$15 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. If you choose to buy new rain gear, it helps to talk to a salesperson at a reputable outdoor store.
- **RAIN PANTS.** The suggestions for a rain jacket apply here as well. Additionally, for rain pants, zippers at the cuffs that allow you to get your rain pants on and off without removing your hiking boots can be very convenient.
- **LONG UNDERWEAR TOP.** Quality polypropylene (synthetic, non-cotton) long underwear usually comes in three weights: light, mid, and expedition. All types can be used in a combination of layers to provide warmth, even when wet. Long underwear serves as an important insulating layer. Capilene, Thermax, and Thermostat are common brand names. If you wear long underwear while hiking or doing other fairly active physical pursuits, you should wear light-weight. Mid- and expedition- weight are generally too warm to wear when hiking, but are good to keep you toasty at night.
- **LONG UNDERWEAR BOTTOMS.** See the description of long underwear tops (above) for specific recommendations.
- **SWEATER or FLEECE JACKET.** Wool or synthetic fibers all provide great insulation. If it's lightweight, bring two.
- **WARM HAT.** Wool, polypropylene or fleece hats are best.
- **WATER BOTTLES** (at least two 1-quart bottles). Any lightweight plastic bottle that does not leak will be OK. Gatorade bottles are a cheap, easy way to go.

See other side for more essential equipment . . .

ESSENTIAL EQUIPMENT CONTINUED...

- **SOCKS & LINER SOCKS.** 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. *Three additional pairs* 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** (the more ankle support, the better). If you buy new boots, be sure to break them in, or you'll be sorry! Hike about 10 miles or more to break them in, although not necessarily all at the same time. Proper fit is very important. If you need to purchase new boots for your trip, put some time into the process. Be sure to review the separate hiking boot recommendations sheet included with this mailing for more information. We do have boots to loan out, but bring your own if you have them. Your own boots will be better conformed to your feet (i.e. more comfortable and less likely to give you blisters). Our most common injuries are blisters from students who haven't broken in their hiking boots!
- **ONE OR TWO LARGE GARBAGE BAGS**, heavy-duty, 1.4 mm thick or thicker, (25 gal. or more). These help keep your clothes and sleeping bag dry and are used to pack out garbage at the end of the trip.
- **HEAD LAMP.** A headlamp leaves your hands free for camp tasks.
- **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.
- **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 sunglasses on your face or around your neck, not broken.
- **SUN VISOR or BASEBALL CAP** to keep the sun out of your eyes and off your face.
- **SPORT SANDALS or TENNIS SHOES** For in-camp wear. We recommend old nylon tennis shoes, Keen or other brand of closed toe sandals, or any water shoes (such as Salomon Amphibians) 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).

ESSENTIAL EQUIPMENT YOU WILL NEED TO BRING FROM HOME

- **SHORTS**—one or two pairs (synthetic).
- **T-SHIRTS** or other light weight synthetic shirts (bring two or three).
- **SPORT SANDALS or TENNIS SHOES** For in-camp wear. We recommend old nylon tennis shoes, Keen or other brand of closed toe sandals, or any water shoes (such as Salomon Amphibians) 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, biodegradable soap, menstrual products and a small amount of toilet paper. Try to find travel-size items and do not bring anything in a glass container.
- **PERSONAL MEDICATIONS.** Bring your own ibuprofen, aspirin or other pain relievers, since we don't usually carry it in our group kits. **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 him or her the backup supply in case yours gets lost or wet.
- **UNDERWEAR BRIEFS/PANTIES.** For women especially, changing each day into clean cotton underwear will help prevent urinary tract infection. Cotton is fine for underwear, although we recommend synthetic for men.
- **SUNSCREEN AND CHAPSTICK** rated at SPF 15 or higher.
- **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. Don't leave home without it.*

The items listed in the two previous sections are essential. Before your trip leaves, we'll check to make sure you have the gear listed on this sheet if you have not requested it from us. Don't forget that you can borrow equipment from friends and relatives as well as from us. Also watch for summer sales and even shop the thrift stores for some of the items. Additionally, please remember to submit your Online Equipment Information Form. We need it by July 10th at the latest. You can always call us if your needs change.

OPTIONAL, PERSONAL ITEMS

This could be a long list, but remember: space is limited, and you have to carry it on your back!

NON-COTTON PANTS. Combining your long underwear and your rain pants will serve the same purpose. However, you may still want to bring a pair of comfy pants. Old army wool pants, fleece, Capilene, or other synthetic fibers will work the best.

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.

MOLESKIN or Spenco's **SECOND SKIN.** These are adhesive foot protectants, found in the foot-care department (like "Dr. Scholl's") of most large drugstores and at runners' equipment stores. These help prevent and treat blisters while you're hiking. We carry it in our first aid kits, but you may want your own supply.

BANDANNA or **HANDKERCHIEF.** Cotton is OK for this.

BINOCULARS, in a waterproof container.

CAMERA and **FILM,** in a waterproof container.

COMPASS —highly recommended. The kind with adjustable declination setting is best.

EYEGASSES and one extra set (either another pair of glasses, or a set of contact lenses.)

GAMES (e.g., cards, etc.)

HAND CREAM for dry hands.

JACKET (not cotton) or extra sweater.

MITTENS, a good idea if your hands get cold easily. We can lend you these if you need them.

MUSICAL INSTRUMENT, not too heavy or bulky. Something like a harmonica or flute packs easily. Sharing your musical talents on the trip is always encouraged!

NOTEBOOK/JOURNAL and a pencil.

POCKET KNIFE OR MULTI-TOOL

SWIMSUIT. Quick-dry nylon shorts for guys. A swimsuit or a sports bra combined with quick-dry nylon shorts for women.

TOWEL. A small towel or "Pack Towel" is usually enough.

MONEY. Bring money for lunch at the campus cafeteria on the day your trip leaves, and for stops along the way for snacks, etc. Small amounts of cash are fine; you shouldn't need much money on this trip.

ZIPLOCK BAGS, the freezer type is best. Bring enough of them to keep your smaller things dry.

*P.S. It's not unusual to have a little **snow** in late August in the mountains, so be prepared with warm clothing and a warm sleeping bag! The mountains occasionally have short but heavy thunderstorms in the late afternoon or evening. You need good raingear for this. We hope to have good weather most of the trip, but it may rain. Just come prepared, so that you can enjoy the trip no matter what the weather! If you have any questions, you can call us at 503-768-7116, anytime. If you prefer to get some of your own gear but are having difficulty finding a place to shop, give us a call! We can recommend vendors and discounted gear dealers.*

One last Note: Your trip leader may ask that cell phones and electronic music devices, such as iPods, be stored on campus before trip departure or left in the van at the beginning of your adventure, and not brought with the group into the wilderness. This trip is an opportunity for each participant to leave modern technology behind for a few days. (Trip leaders will carry a cell phone for emergency use, although cell phone reception is often not available in wilderness areas or river canyons).