



# PACIFIC NORTHWEST PACKING LIST

While we generally enjoy warm temperatures and sunny skies in the Pacific Northwest, weather can change quickly. One ill-prepared person can negatively affect the safety and fun of the whole group, so please come prepared. We are preparing for a worst-case weather scenario with this clothing list!

## **Please keep in mind:**

- Leave your favorite clothes at home so they won't get dirty, muddy, torn, or damaged.
- Everything you bring should be packed in your daypack (carry-on) and duffel (checked).
- We review our packing lists every year; there is no need to pack items that are not included below.
- **PLEASE PUT YOUR NAME ON EVERYTHING!**
- We'll provide detailed information on the following packing list items. We'll also provide brand recommendations for each item, but it is not by any means an exhaustive list, and you are not required to buy from those specific brands.
- Please do not hesitate to call us at 888-954-5555 with questions.

## **DAYPACK (CARRY-ON)**

This is something you'll use most days on your trip. We recommend using your school bookbag as your daypack; there's no need to purchase an expensive, technical daypack from REI.

Your daypack will act as your carry-on luggage for opening and closing day. For opening day, please wear closed-toed shoes (no flip-flops) and comfortable clothes for the outdoors, and pack the following items in your carry-on:

- An ID, if you choose to carry one. Students under 18 are not required to carry any form of ID at the airport unless traveling internationally.
- Essential items in the event that your checked luggage is delayed: rain jacket, fleece jacket, change of clothes, toothbrush, prescription medications, contacts and glasses, sunglasses, warm hat, and any other personal essentials.
- Water bottle and headlamp.
- Cell phone, charger, other electronics, and wallet. Please pack these in a Ziploc bag labeled with your name.

## **DUFFEL BAG (CHECKED LUGGAGE)**

You'll pack everything else in a soft-sided duffel bag, which will be checked at the airport. Think of the duffel as your "closet" while on the trip; you'll store everything in here that you're not using that day or the next few days. The duffel will be stored in the U-Haul trailer that we tow behind our vans. A few things to note:

- Your duffel should not have wheels; they are a loading hazard.
- A bag measuring 70-90 liters should be enough space to pack everything you need.

*Recommended brands for duffels: REI Co-op, Under Armour, Adidas, Patagonia, Osprey, The North Face, Mountainsmith, High Sierra*

# PACKING LIST

## Head

- Wool or fleece hat (*non-cotton*)
- Polarized sunglasses with a secure strap
- Baseball cap or wide-brimmed sun hat

## Upper body

- Waterproof rain jacket (*not water-resistant*)
- 2 non-cotton fleece jackets or pullovers
- 3 long-sleeved synthetic or wool baselayer tops
- 5 short-sleeved synthetic or wool baselayer tops
- 5 comfortable T-shirts (*cotton is acceptable*)
- 1 pair of fleece or wool gloves or mittens
- 4-5 sports bras

## Lower body

- 1 pair of waterproof rain pants (*not water-resistant*)
- 2 pairs of synthetic or wool baselayer bottoms
- 2 pairs of nylon hiking pants
- 1 pair of comfortable pants for frontcountry use
- 10 pairs of underwear
- 4 pairs of shorts; at least 2 pairs should be nylon shorts that will dry quickly if they get wet
- Pajama pants or sweatpants

## Feet

- 1 pair of broken-in hiking boots
- 5 pairs of synthetic or wool socks
- 5-6 pairs of cotton socks for frontcountry use
- 1 pair of water shoes with a heel strap (*no flip-flops or Crocs*)
- 1 pair of running or tennis shoes
- 1 pair of full-length gaiters

## Other required items

- Trekking poles
- LED headlamp with extra batteries
- 3 quart-sized water bottles OR 2 quart-sized water bottles and 1 70-oz. hydration bladder
- Bandana
- Large quick-drying camp towel
- Toiletries
- Lip balm (*SPF 30 or higher*)
- Laundry bag
- 5-7 nylon stuff sacks or about 20 Ziploc bags to organize your items

- 1 clean outfit for your return trip
- Extra pair of glasses (with a strap) or contacts, solution, eye drops, and contacts lens case
- About \$100 in cash for an occasional personal item, airport food, and baggage/airline fees

## Optional items

- Crazy Creek-type chair (*without legs; strongly recommended*)
- Inflatable or compressible camping pillow (*strongly recommended*)
- Camera or GoPro with extra batteries
- Insect repellent and/or sunscreen
- Several mixed CDs
- Journal to remember your best summer ever!
- Swimsuit
- Fun, silly clothing and accessories (aka flair!)

## We will provide:

- Insect repellent and sunscreen
- Mess kit (cup, bowl, spoon) and cooking equipment
- Sleeping gear (tent, sleeping bag, sleeping bag), large backpacking pack, and activity-specific technical gear

## We will hold onto:

- **Cell phones and electronics.** Bring your phone for the flight and for several short calls home during the trip. We'll store it for safekeeping otherwise.
- **Medications.** We provide over-the-counter medications (like ibuprofen and antihistamines), so there's no need to pack these. We will collect prescription medications and dispense privately to each student as needed.

**The following items are NOT ALLOWED:** Video games, radios, firearms and weapons (including Swiss Army-type pocket knives), fireworks, tobacco products, alcohol, illegal or non-prescription drugs, or food (which includes gum and mints). Please leave all valuables, jewelry, and makeup at home.

# ADDITIONAL INFORMATION

**A huge factor affecting the safety and success of any trip is equipment.** If you bring the proper gear, we'll teach you how to use it. An instructor will double-check every student's clothing and equipment on the second day to make sure they have the appropriate gear before departing for the first backpack.

**Here are a few key points to help you sort through the overwhelming options available.**

- **Price.** Don't break the bank. Compare prices; sometimes you'll want to spend a little more at the outdoor store, and some items you can find more economically at Target. Higher cost does not always equal higher function.
- **Function over fashion.** Proper fit is more important than how something looks. Try items on to make sure they fit properly. Be especially sure that warm outer layers fit well over your baselayers.
- **Cotton.** A popular backcountry saying is "cotton is rotten." Cotton cannot provide insulation when wet and can take a very long time to dry, but it's more comfortable when relaxing in camp. By bringing synthetic clothing in addition to cotton clothing, you will be warm and comfortable no matter the conditions. *Please pay special attention to items marked synthetic or wool—do not pack cotton or cotton-blend items in place of these.*
- **Waterproof/breathable raingear is required.** Double-check that you are buying a waterproof, not water-resistant, rain shell. Windbreakers and heavy, insulated ski coats are not acceptable rain jackets.
- **Break in your boots.** This will help prevent blistering and stress fractures. Try to walk at least 20 miles total in your boots to break them in (it doesn't have to be all at once). We'll say it again: **BREAK IN YOUR BOOTS!**
- **Laundry.** We'll do laundry about halfway through the trip, and we'll provide quarters and detergent. We use commercial washer and dryers and are unable to wash or dry any items on delicate cycles. Please wash and dry your clothes at least once before your trip to make sure no drastic shrinkage occurs.
- **Extra batteries.** For any items that require batteries (like cameras or headlamps), please pack extra batteries as we won't be able to recharge devices.

## FOR YOUR HEAD

**Wool or fleece hat (aka beanie):** A warm hat will keep you toasty on chilly nights.

**Polarized sunglasses with leash/strap:** Polarized lenses help protect you from the glare from water and snow; please do not bring non-polarized sunglasses. A leash/strap is a must-have for any water activities to keep glasses/sunglasses attached to you.

**Baseball cap or wide-brimmed sun hat:** You'll need some type of hat for sun protection.

## FOR YOUR UPPER BODY

**Rain jacket:** A waterproof/breathable "shell" (meaning uninsulated—no heavy ski parkas) that keeps you warm and dry. Rain jackets must have a hood and should fit over layers of fleece and baselayers. *We'll reiterate: Make sure you're buying a waterproof, not water-resistant, jacket.* Don't skimp on this item, but don't go overboard; \$80–\$100 will get you a fantastic jacket.

*Recommended brands: REI Co-op, Columbia, Marmot, Mountain Hardwear, Outdoor Research, Patagonia, The North Face*

**Fleece jackets:** One heavyweight, non-cotton fleece jacket and one lightweight, non-cotton fleece jacket that will act as insulating layers. One should be a higher quality name brand; the other can be from an inexpensive big box store. Be sure your fleeces fit over your baselayers and under your rain jacket.

*Recommended brands: Champion, Old Navy, REI Co-op, Columbia, The North Face, Patagonia*

**Baselayer tops:** Light- to mid-weight non-cotton tops (aka “long underwear”) made with synthetic or wool fibers that keep you warm even when wet. Many brands have different weights (or thicknesses); get a variety to see what suits you best. Wash your synthetic baselayers before wearing, as they will retain the first odor absorbed. (Wool doesn’t hold odors, unlike synthetic fibers.) Purchase both long- and short-sleeved synthetic tops.

*Recommended brands: Champion, Old Navy, Nike, REI Co-op, Columbia, Under Armour, Patagonia, Smartwool, Icebreaker*

**Cotton T-shirts:** You’ll wear cotton shirts at camp and non-cotton shirts during most activities.

**Fleece or soft-shell gloves or mittens:** These will keep your hands warm and dry while on Mt. St. Helens. Gloves give you more movement for your fingers, while mittens provide more warmth.

*Recommended brands: REI Co-op, Columbia, Outdoor Research, The North Face, Smartwool*

**Sports bras:** Make sure that the seams and straps are comfortable under a loaded backpack. Bring a dark-colored, more conservative design, as sports bras are also acceptable while rafting or swimming.

## FOR YOUR LOWER BODY

**Rain pants:** Just like the rain jacket, these need to be a waterproof/breathable “shell” pant that will fit over your nylon or fleece pants. You might consider full side-zippers to get in and out of rain pants more easily.

*Recommended brands: REI Co-op, Columbia, Marmot, Mountain Hardwear, Outdoor Research, Patagonia, The North Face*

**Baselayer bottoms:** Non-cotton baselayer bottoms (aka “long underwear”). See “baselayer tops” for more info.

*Recommended brands: Champion, Old Navy, Nike, REI Co-op, Columbia, Under Armour, Patagonia, Smartwool, Icebreaker*

**Nylon hiking pants and shorts:** Nylon is durable, lightweight, and insulates when wet. Some students choose to bring convertible pants that zip off into shorts. At least one pair of shorts should be knee-length to provide skin protection while rock climbing, rafting, etc. Ladies, if you choose to wear yoga leggings, please bring thicker pairs.

*Recommended brands: REI Co-op, Prana, Columbia, Under Armour, The North Face, Outdoor Research, ExOfficio, Mountain Hardwear, Royal Robbins*

**Underwear:** We recommend a mix of cotton and synthetic or wool underwear. We’ll be doing laundry once during the trip; make sure to bring enough to last you two weeks without washing.

*Recommended brands: REI Co-op, ExOfficio, Icebreaker, Patagonia, Smartwool*

## FOR YOUR FEET

**Hiking boots:** TRY BOOTS ON! BREAK THEM IN! We cannot emphasize this enough. Purchase three-quarter to full-height boots for ankle support. Boots are something you’ll want to try on in the store so you can see what fits your foot best. Salespeople will be able to point you toward appropriate boots for multi-day backpacking trips. (Do not purchase light or mid-weight hiking shoes; these are not as durable and don’t provide as much support.)

*Recommended brands: Keen, Merrell, Salomon, Vasque, Sorel, Oboz, Asolo*

**Wool or synthetic socks, plus cotton socks:** Bring mid-weight wool or synthetic hiking socks for backpacking, plus several pairs of cotton socks to wear with your tennis shoes at campgrounds. Synthetic and wool socks keep your feet warm when wet, dry faster, and wick moisture away to help prevent hot spots and blisters. If you get cold easily, bring a thick pair for sleeping. Make sure you try different thicknesses of socks on with your boots to see what fits best.

*Recommended brands: Darn Tough, Field and Stream, Fox River, REI Co-op, Smartwool, Icebreaker*

**Water shoes/sandals:** These need to have a heel strap so they stay on your feet; no flip-flops or Crocs.

*Recommended brands: Keen, Chaco, Teva, Salomon*

**Tennis or running shoes:** We require closed-toed shoes for cooking to provide protection against hot spills and dropped knives. We also require closed-toed shoes for playing field games and such. For safety's sake, students are never allowed to go barefoot at Adventure Treks.

**Gaiters:** These are nylon covers that attach to your boots to keep sand, snow, rocks, and mud out of your boots. Look for full-length (to the knee) nylon gaiters with Velcro front and under-straps.

*Recommended brands: REI Co-op, Outdoor Research, Kahtoola, Black Diamond, Sea to Summit, Rab*

## OTHER REQUIRED ITEMS

**Trekking poles:** These are lightweight, extendable/adjustable poles that help take pressure off your knees and improve your balance when backpacking.

*Recommended brands: Coleman, REI Co-op, Kelty, Leki, Black Diamond, Mountainsmith*

**Headlamp:** Bring an LED headlamp with extra batteries.

*Recommended brands: Coleman, Princeton Tec, Black Diamond, Petzl, Fenix*

**Quart-sized water bottles/hydration bladders:** Bring three wide-mouth quart-sized bottles or two quart-sized bottles and a 70-oz. hydration bladder. (There's no need to bring an accompanying backpack with the bladder.) Label your bottles with your name, stickers, Sharpie doodles—we have about 90 bottles per trip!

*Recommended brands (for water bottles): REI Co-op, Nalgene, CamelBak, HydroFlask, Klean Kanteen, Coleman, GSI Outdoors. Recommended brands (for hydration bladders): Osprey, Camelbak, Gregory, Platypus, HydraPak*

**Bandana:** This will be one of the most versatile pieces of gear you'll have, providing protection from the sun, wind, and cold.

*Recommended brands: REI Co-op, Buff, Carolina Mtg.*

**Camp towel:** Bring a large or extra-large thin pack towel (they feel like a microfiber chamois), and leave your large, thick bathroom towel at home. Some "medium-sized" towels are more like hand towels, so make sure the one you purchase is big enough.

*Recommended brands: REI Co-op, Matador, PackTowel, Sea to Summit*

**Toiletries:** Because we don't shower every day, travel-sized bottles of shampoo, conditioner, and body wash/soap will suffice. *Again, don't bring full-sized bottles.* However, you can bring a full-sized tube of toothpaste. Don't

forget your toothbrush and travel case, floss, brush/comb, hair ties, disposable razor, unscented deodorant and lotion, astringent pads (if needed), and travel/cleansing wipes (to help stay clean between showers). These can be easily organized in Ziploc bags. Ladies, our instructors will have feminine hygiene products, but feel free to bring what you're most comfortable with.

**Lip balm with SPF:** Bring several tubes of lip balm with SPF 30 or higher. Chapped lips can ruin an otherwise great day!

**Laundry bag:** A mesh or fabric bag. You can use a plastic bag for small wet items (i.e. swimsuit).

**Ziploc bags or nylon stuff sacks:** These come in handy for organizing your belongings. Some people prefer nylon stuff sacks as they're reusable; we recommend bringing about 20 gallon-sized Ziploc bags because they're see-through, inexpensive, and can be easily labeled. Pack several empty two-gallon-sized Ziploc bags for dirty items like boots and clothes for the flight home.

*Recommended brands (for stuff sacks): REI Co-op, Sea to Summit, Eagle Creek, Osprey, Granite Gear*

**Sunglasses, eyeglasses, and contacts:** Bring polarized sunglasses; these kinds of lenses dramatically reduce sun glare from water and snow/ice. For those who wear contacts, have no fear—it's easy to maintain contacts in the backcountry, and you'll always be able to wash your hands before you touch your eyes. Please bring solution, a case, extra pairs of contacts, and glasses just in case. If you wear eyeglasses, please bring a strap to keep them on during activities.

## OPTIONAL ITEMS

**Crazy Creek-type chair:** This is a lightweight chair that supports your back and makes sitting on the ground much more comfortable. You will not carry this in your backpack, so don't worry about the weight. It's just for frontcountry campsites. Do not bring a folding chair with legs.

*Recommended brands: REI Co-op, Crazy Creek, ALPS Mountaineering, TravelChair, GCI Outdoor*

**Pillow:** Leave your memory foam bed pillows at home and bring a lightweight and compressible or inflatable camping pillow. (If you don't want to purchase a pillow, you can fill your sleeping bag stuff sack full of clothes.)

*Recommended brands: REI Co-op, Teton Sports, Sea to Summit, Cocoon, ALPS Mountaineering, ThermaRest*

**Camera or GoPro:** Because you won't be able to use your phone, we highly recommend bringing a digital point-and-shoot camera or GoPro with extra batteries. Consider bringing a waterproof case for water activities, and pack whatever camera you bring in a hard-sided, crush-proof case for safekeeping. GoPros are great because they take both photos and videos.

**Insect repellent and sunscreen:** We provide sunscreen, but feel free to bring your own if you have a strong preference. We'll have DEET bug spray because we've found it's most effective in warding off mosquitoes. However, we know that some don't like its strong scent, so you're also welcome to bring your own repellent.

**Mixed CDs:** Yes, we're old-school! Please make 2-3 mixed CDs with appropriate content.

**Swimsuits:** Ladies, sports bras and nylon shorts are perfect for a swim. A one- or two-piece suit is acceptable for water activities, but you will also want to wear nylon shorts over your swimsuit while rafting so the rubber on the raft doesn't chafe your legs. Boys, nylon shorts will work great for swimming.

**Flair!** Otherwise known as your "summit outfit" or costume for fun occasions, flair can include sequin tops, feather boas, crazy sunglasses, and very loud dresses, vests, or pants. Your instructors will have them, and flair will be part of the fun during summits and other festive times.

# WHAT WE PROVIDE

**Tents:** We will provide four-person Big Agnes tents. Sleeping is always single-gender, and we will comfortably fit three students per tent. For longer backpacking sections, students may elect to sleep four people in one tent to save weight and space in their backpacks. These tents have a large vestibule so shoes and wet gear can stay outside the tent, but will be protected from the rain.

**Backpack:** Though you will bring a duffel and daypack, we will provide a Deuter backpack for the backpacking sections of each trip. If you choose to bring your own, it should have a sturdy, padded hip belt and 4000–5000 cubic inches, or 70 liters, of space. Pack your EMPTY backpack into your duffel bag (which we will store in the U-Haul when we're not backpacking).

**Sleeping bag:** We provide synthetic-insulated, mummy-style sleeping bags rated to 20°F (with a stuff sack). If you choose to bring your own, it should be lightweight, synthetic-insulated, and rated to 20°F. You should also have a stuff sack approximately 14" x 20" or smaller.

**Sleeping pad:** We provide a Therm-a-Rest RidgeRest foam pad. If you choose to bring your own, we recommend bringing something similar. You can bring a self-inflating pad, but be aware that these puncture easily if you're rough on them!

**Eating utensils and cookware:** We will provide an Adventure Treks mug, bowl, and spoon. The bowl and spoon are made a durable, lightweight plastic. We will teach you how to keep your utensils clean, and you will get to take your mug home.

**Rock climbing, whitewater rafting, kayaking, mountaineering, canoeing, and other activity-specific gear**