



Weather/Clothing

Summer conditions in the Pacific Northwest typically range from 40°-50° (at night) to 60°-85° (during the day). Keep in mind the climate in this region can be very unpredictable, so you should be prepared for cold, wet and hot weather. The important word in packing for comfort is LAYERING.

Layers

Layering gives you the flexibility to easily warm up or cool down whenever you need. You'll find the equipment checklist to be a thorough guide in keeping you warm and dry!



- The inner layer keeps the skin dry and comfortable

- Cotton is comfortable and breathable, but it absorbs and retains water and will not keep you dry if it gets wet (and cotton takes a very long time to dry). Cotton t-shirts and underwear are fine as long as they are very lightweight.
- Capilene or similar fabric 'wicks' moisture away from your body which will keep you warm, dry, and comfortable.



- The middle layers provide insulation and protection from the elements

- Wool & Polar Fleece® fabrics do not absorb water, so they keep you warm even if they get wet. A wool sweater or fleece jacket provides warmth on a chilly evening.

- The shell layer protects you from wind and rain

- Waterproof/Wind resistant fabrics are a great top layer to keep the wind and rain at bay.



- The head layers are for sun protection, rain protection, and to reduce heat loss when it cools down.

- Baseball style hat with brim, warm winter cap

- The hand layer consists of a wool/synthetic liner glove

- Gloves or mittens



Trail Shoes

Trail shoes are the most important piece of gear you will bring on this trip. Fit the shoe with the exact sock you will be using on this trip...we suggest a medium weight, cushioned bottom Merino wool hiking sock. (No Merino won't itch!) When trying on shoes, take your time and walk around the store several times to get a good feel for the fit. It needs to be comfortable and your foot should not feel cramped at all. When you walk you might feel a slight slip in the heel, that's OK. Make sure there is plenty of room at the toe. If not, your toes will jam the front of the shoe and blister when you walk downhill, which you will do a lot in the Pacific Northwest! Some brands we suggest are Merill, Keen and Vasque.



Sleeping Bag

A 20° synthetic fiber bag will be the best sleeping bag for this trip. Please do not bring a down bag. Down will not keep you warm when it gets wet! Synthetic fill bags are the best bet for trips to this region of the country - materials such as Quallofill or Polarguard will do. Your bag MUST have a stuff sack that will allow you to store your sleeping bag during the day and keep it clean! It is very important that you have a sleeping pad, either closed-cell foam or a self-inflating mattress - Remember this is your bed for five weeks!!!



What not to bring on this trip

- Jewelry
- Hair Dryers/Straighteners
- Laundry Soap
- Cell Phones
- Make-u5



Sleeping Gear/Luggage

- 1 sleeping bag (*good to 20°*)
- 1 sleeping bag stuff sack
- 1 sleeping pad
- 1 large duffel (*soft duffel without wheels, camp size*)
- 2 packs
 - 1 gym bag or back pack (*from bus to tent*)
 - 1 small day pack for hikes (*water, sandwich, and camera*)



Head and Hands

- Baseball style hat with brim
- Gloves or mittens
- Warm winter cap
- Dark lens sunglasses with neck strap



Upper Body Clothing

- 8 short sleeve tops/tank tops
- 2 long sleeve tops
- 1 thermal underwear top (*not cotton*)
- 2 fleece tops/sweatshirts



Lower Body Clothing

- 1 pair nylon type pants (*ex. adidas*)
- 1 pair jeans
- 1 pair sweatpants
- 1 pair thermal long underwear (*not cotton*)
- 1 pair waterproof rain pants
- 4 pairs of shorts (*quick dry shorts are best, ex. mesh*)
- 12 pairs underwear



Outerwear

- 1 waterproof rain parka or jacket



Footwear

- 10 pairs of socks (*not cotton*)
- 1 pair athletic shoes
- 1 pair flip flops/sandals
- 1 pair trail shoes (*hiking shoe*)

** Give yourself time to break these in*



Toiletries

- Toiletry Bag
 - comb/brush
 - toothbrush
 - toothpaste
 - soap & container
 - shampoo/conditioner
 - deodorant
 - body wipes (*ex. Dove, because they are a good alternative to showering*)
 - 2 pair prescription glasses
 - Contact lens and solution for the entire trip
 - ZipLock bag/Pack-it® Sacs

Personal Gear

- 2, 1-liter water carriers (*either 2 nalgene or 1 nalgene and a CamelBak*)
- 2 swimsuits
- Sunscreen (*minimum 15 SPF*)
- Lip balm with SPF
- 3 towels (*thin beach/bath*) or quick dry bath size
- 1 headlight
- 2 bottles of insect repellent (*with DEET*)
- After Bite
- Camera/film (*disposable are best*)
- Pillow (*travel size*)
- Watch
- Wallet

Optional Gear

- Sketchbook
- Playing cards
- Frisbee, hacky sack
- 2 movies to watch on the bus (*G, PG or PG13*)
- Personal journal
- Extra batteries