

## Required Equipment

- Comfortable athletic clothing. You will be active and moving around so be sure you dress comfortably. Synthetic or synthetic-cotton blend clothing wicks moisture from your body and dries faster than cotton clothing.
- Rain clothing—required for day hikes. Suggested: Coated nylon or GORE-TEX®-type hooded rain jacket and coated nylon or GORE-TEX®-type rain pants, if you have them.
- Footwear—sturdy tennis shoes, running shoes, or sneakers
  - » Required for water activities: Closed-toe footwear (old sneakers, aqua socks, or Keen®-type shoes)
  - » Highly recommended for advanced day hikes: Broken-in leather or fabric hiking boots that give ankle support
- Glasses/Contact lenses—if you wear contact lenses **you must bring a pair of glasses**, additional contact lenses, and solution.
- Water bottle—one-quart capacity (Inexpensive bottled water bottles are great.)
- Sunglasses
- Sunscreen
- Hat/baseball cap for sun protection
- Daypack—a small pack in which to carry a lunch and extra clothing around

## OPTIONAL ITEMS:

- Camera
- Journal

## ACTIVITY SPECIFIC EQUIPMENT:

These are items you may want to bring depending on the specific activity you signed up for if you would like to use your own. Mechanical and safety equipment will be inspected by your leaders to ensure it is in good condition to use for the designated activities. If you do not want to bring these or do not have them, they will be provided for you.

- bike and/or bike helmet
- climbing harness and/or climbing shoes
- swimsuit and towel (for paddling groups)

## DO NOT BRING THE FOLLOWING:

1. Portable radios, cellular phones, or sound equipment of any kind, as they detract from the outdoor group experience.
2. Alcohol or drugs
3. Firearms

## FURTHER CONSIDERATIONS

If you have any questions about the equipment lists, contact the Passages office at 253.879.3322 or to [passages@pugetsound.edu](mailto:passages@pugetsound.edu).