REQUIRED EQUIPMENT:
All of the items below are required for base camp.
Equipment can be rented on a first-come, first-served basis; typically all equipment is committed by late July.
Request your equipment rental online via your Cascade Web menu when you register for Orientation. Payment must be received to secure your reservation. (Items with an asterisk (*) are available to rent via the online Orientation registration form.)

- Sleeping bag—anything you have that will keep you warm down to 40 degrees Fahrenheit.
  (Suggested: a mummy-style or modified mummy-style with hood, drawstring, baffled zipper, and synthetic fill). Rental fee: $22

- Sleeping pad—closed-cell foam or Therm-a-Rest®-style air mattress. Rental fee (foam pad): $3

- Duffle bag to carry your clothing (Do not bring a suitcase.)

- 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 (canoeing, water craft, and sea kayaking): 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

- Towel

- Swimsuit

- Toiletries (Base camp is not equipped for electric appliances, such as a hair dryer.)

- Glasses/Contact lenses—if you wear contact lenses, bring a pair of glasses, additional contact lenses, and solution

- Reusable mug or Puget Sound mug
  (Mugs will be distributed at Orientation check-in.)

- Water bottle—one-quart capacity
  (Inexpensive bottled water bottles are great.)

- Flashlight or headlamp

- Sunglasses

- Sunscreen

RECOMMENDED FOR YOUR COMFORT:

- Hat—one warm hat (such as a pullover ski hat) and one hat/baseball cap for sun protection

- Shorts—one or two pairs

- Pants—one pair of jeans or long pants

- T-shirts—one or two; also one long-sleeve shirt, such as flannel or fleece

- Upper-body garments—prepare for conditions down to 45 degrees Fahrenheit

- Daypack—a small pack in which to carry a lunch and extra clothing around base camp and on day hikes

OPTIONAL ITEMS:

- Camera

- Journal

- Musical instrument (Base camp temperatures and moisture can vary. Only bring instruments that can weather these conditions.)

DO NOT BRING THE FOLLOWING:

1. Portable music devices, cellular phones, or sound equipment of any kind, as they detract from the experience
2. Alcohol or drugs
3. Firearms
BACKPACKING AND OVERNIGHT CANOEING
If you choose one of the out-of-camp trip options you will leave from base camp for an overnight canoe trip on the Hood Canal or backpacking trips in the Olympic Mountains.

It is imperative that you are well prepared for these experiences. After taking thousands of students on Passages over the past 25 years, we have refined this list to include only the most essential equipment. If you bring this equipment and ONLY this equipment, you will be comfortable in nearly any situation you encounter on your trip.

This equipment list is prepared with many factors in mind. You must bring all the items listed, of the specified quality, without exception. If you do not have the specified equipment, or have not made preparations to rent or borrow it, you will not be able to go on the trip. The comfort and safety of you and your group depends upon it. (Items with an asterisk (*) are available to rent at the prices listed.)

DRESSING FOR PACIFIC NORTHWEST WEATHER
During late August on Hood Canal or in the Olympic Mountains, daytime temperatures can range from 50 to 70 degrees Fahrenheit. Nighttime temperatures can fall considerably, to 30–40 degrees Fahrenheit. Although August is traditionally the driest month in the Northwest, we see rain on Passages trips nearly every year.

Clothing: We recommend wool or synthetic clothing fabrics (nylon, polyprolene, cotton/poly mix, Capilene®, fleece) for all of your layers. While selecting clothing for wilderness travel, do not bring cotton, except as specifically described. Cotton, especially jeans, won’t dry out easily if it gets wet, and this greatly increases the risk of hypothermia, even in relatively warm temperatures.

To buy or not to buy: First, before you purchase new clothing and equipment, think about whether you will use this equipment again. If the answer is no, then borrow from friends and family, or from other students going on trips during the other session of Passages. Second, remember that Passages is not a fashion or equipment contest. The only thing your clothes need to do is keep you warm and dry. Most likely you have clothing already that is a 50/50 cotton-polyester blend or wool blend. That will work just fine. Third, think about the environmental impact of 650+ new and transfer students buying lots of petroleum-based clothing. Improvise! Check out garage sales and second-hand stores.

Group Equipment Will Include: snacks and food for all meals, tents, stoves, pans, first-aid kit, and all other group-related equipment. You are responsible for the personal equipment listed on the next page.

FURTHER CONSIDERATIONS
Pack light! You must have all the required items, but since you will also be carrying a share of the group equipment and food, we advise you not to bring along any unnecessary personal items.

The first group meeting and equipment check for backpacking and overnight canoeing groups will be on Friday, Aug. 20, and is mandatory.

If you have any questions about the equipment lists, contact the Orientation office at 253.879.3317 or send an e-mail message to Passages Co-directors Justin Canny at jcanny@pugetsound.edu or Moe Stephens at mstephens@pugetsound.edu.

If you have general Orientation questions, call 253.879.3317 or send an e-mail message to mpalmquist@pugetsound.edu.

— REQUIRED EQUIPMENT LIST ON THE NEXT PAGE—
Out-of-Camp Trips Required Equipment

FOOTWEAR FOR SPECIFIC TRIPS:

- **Hiking boots** (for backpacking trips only)—sturdy, over-the-ankle, well-broken-in, and waterproof or full-leather boots; should fit comfortably with one pair of medium-weight synthetic hiking socks.
- **Overnight canoeing shoes**—closed-toe shoes that can get wet and dirty; old sneakers or aqua socks work great.
- **Camp shoes**—comfortable, lightweight, closed-toe shoes for the campsite; we recommend old sneakers, Keens®, Crocs®.
- **Socks**—two pairs of medium-weight synthetic socks. **Do not** bring cotton socks. (They retain moisture and cause blisters.)

CAMPING EQUIPMENT:

- "Sleeping bag—synthetic fill (Polarguard®, Halofoil, Lite Loft™) **required** for the possibility of wet conditions; should be nylon, mummy style or modified mummy style with hood, drawstring, and baffled zipper; good to 30 F. **Do not** bring a down bag. Rental fee: $22.
- "Sleeping pad—closed-cell foam or Therm-a-Rest™-style air mattress. Rental fee (foam pad): $3.
- **Backpack or duffel bag in which to carry your clothes to the equipment check. Do not** bring a suitcase.
- "Backpack for backpack trips only—large capacity (4,500–5,000 cubic inches or 65–80 liters), internal or external frame with padded hip belt (not merely a thin hip strap), and sleeping bag lashing straps if an external frame. Rental fee: $22.
- **Overnight canoers drybag**—a drybag will be **PROVIDED** for personal equipment.
- **Water bottles** (2)—one-quart capacity each, or hydration system with two-quart capacity. (Inexpensive bottled water bottles are great.)
- **Bowl, spoon, and reusable mug or Puget Sound mug** (distributed during Orientation check-in).

LAYERING:

Dressing in layers is an efficient way to stay warm, cool down, and stay dry through the changing conditions you will encounter in the mountains.

Base Layer/Wicking Layer

Lightweight synthetic or mixed-cotton and polyester blends pull the moisture away from your skin to keep you comfortable. During the day this means a T-shirt and synthetic shorts; at night this means long underwear tops and bottoms.

- **T-shirt**—synthetic or cotton/polyester blend (one to two)
- **Shorts**—synthetic shorts for quick drying with or without a liner
- **Long underwear tops and bottoms**—must be polypropylene, Capilene, silk, or 50/50 wool or polyester

Middle Layer

The middle layer is your first layer of insulation, which keeps you warm when you stop hiking at lunch or while hiking on a cool morning.

- **Midweight long underwear top** (100–200 weight) or wool or synthetic sweater. (Bring one.)

Outer Layer

Usually a fleece jacket or additional wool sweater, it is important that your outer layer keeps you warm even if it gets wet. Synthetic layers do this because they do not absorb much water and wool keeps you warm even when it is wet.

- **Top**—an additional sweater, heavyweight fleece jacket (300 weight), or insulated soft-shell. (Bring one.)
- **Pants**—midweight long underwear, synthetic fleece pants, or wool pants. (Bring one.) Wool pants can often be found for less than $20 at second-hand or army surplus stores.

Shell Layer

It is essential to have a waterproof, lightweight jacket and pants for protection against wind and rain. Coated nylon is inexpensive, lightweight, and works well. Waterproof, breathable fabrics, such as GORE-TEX® also work well but are more expensive. **Do not** bring a ski parka. They are heavy and usually not waterproof.

- **Rain jacket**
- **Rain pants**

HEAD AND HANDS:

It is important to bring a synthetic or wool hat to keep you warm at night and a wide-brimmed hat to protect you from the sun.

- **Synthetic or wool hat**
- **Sun hat**—wide-brimmed hat or baseball cap and bandana
- **Gloves or mittens** (wool or fleece)—one pair

ADDITIONAL ITEMS:

- **Headlamp or flashlight** (headlamp preferred)
- **Sunglasses**—with retainer strap
- **Bandanas**—bring one or two (for sun protection, hair, and washing)
- **Sunscreen**
- **Toiletries** (Do not bring deodorant, perfume, soap, etc. on backpacking trips). These items are for base camp only. Base camp is not equipped for the use of hair dryers or other electrical equipment.
- **Glasses/Contact lenses**—if you wear contact lenses you must bring a pair of glasses, additional contact lenses, and solution.
- **Daypack or small duffle bag** for storing items at base camp (e.g., toiletries, personal items, etc.)

OPTIONAL ITEMS:

- **Camera**
- **Journal**

FOR YOUR RETURN TO BASE CAMP:

- **Towel**
- **Swimsuit**
- **A change of clothes for after the trip** (Jeans and cotton are fine.)

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
4. Jeans or cotton clothing, except where specified