

If you choose the out-of-camp backpacking trips option, you will leave from base camp for backpacking trips in the Olympic Mountains.

It is important for you and for the comfort, health and safety of your group that you are prepared for this experience. Thousands have participated in orientation trips with us since 1985, and over the years we have refined the equipment 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. **Please bring, rent or borrow (from family, your hall mate...) everything on the equipment list. We do not expect brand name equipment and we do not expect you to purchase equipment unless you will use it again. There are notes about ways to substitute items on this list for items you may already have or can be purchase from used clothing stores.** (Items with an asterisk (\*) are available to rent at the prices listed.)

### DRESSING FOR PACIFIC NORTHWEST WEATHER

During late August in the Olympic Mountains, daytime temperatures can range from 45 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 Orientation trips nearly every year. This is what keeps Puget Sound green.

**Clothing:** We recommend wool or synthetic clothing fabrics (nylon, polypropylene, 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 Orientation. Second, remember that this 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 the evening of new student check-in at 7:30 p.m., in Memorial Fieldhouse. Bring all of your equipment to this mandatory meeting.

If you have any questions about the equipment lists, contact the Orientation office at 253.879.3317 or send an e-mail message to us at [stuact@pugetsound.edu](mailto:stuact@pugetsound.edu).

# Backpacking Equipment and Clothing List

## Required Equipment

### FOOTWEAR FOR SPECIFIC TRIPS:

- Hiking boots—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.
- 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®, Halofill, 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. Dry down bags or a down bag with a bivy bag are acceptable, but not recommended. Rental fee: \$22
- \*Sleeping pad—closed-cell foam or Therm-a-Rest®-style air mattress. Rental fee (foam pad): \$3
- Backpack or duffle bag in which to carry your clothes to the equipment check and on the bus to Orientation. Please do not bring a suitcase.
- \*Backpack—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
- Water bottles (2)—one-quart capacity each, or hydration system with two-quart capacity.
- Bowl, spoon, and reusable mug or Puget Sound mug (distributed during Orientation check-in).

## Puget Sound Orientation | Backpacking Equipment and Clothing List

### 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, 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 fleece 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 synthetic jacket. (Bring one.)
- 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