

# Car Camping, Overnight canoe, Daycanoe/kayak, Dayhiking Equipment and Clothing List

If you choose a day canoe/kayak, overnight canoe or dayhike experiences you will be based out of our camp on the Olympic Peninsula.

It is important for you and for the comfort, health and safety of your group that you be 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 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 purchased from used clothing stores.** (Items with an asterisk (\*) are available to rent at the prices listed.)

### DRESSING FOR PACIFIC NORTHWEST WEATHER

During late August on Hood Canal, 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.

**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.

## Required Equipment

### FOOTWEAR FOR SPECIFIC TRIPS:

- Overnight canoeing shoes—closed-toe shoes that can get wet and dirty; old sneakers or aqua socks or Keen® type shoes work great.
- Camp shoes—comfortable, lightweight, closed-toe shoes for the campsite; we recommend old sneakers, Keens®, Crocs®.
- Dayhiking shoes—lightweight hiking shoes or boots are recommended. Supportive running shoes are acceptable.

### 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 sack are acceptable, but not recommended due to cost and moist conditions. Rental fee: \$22
- \*Sleeping pad—closed-cell foam or Therm-a-Rest®-style air mattress. Rental fee (foam pad): \$3
- Duffle bag or backpack in which to carry your clothes to the equipment check and on the bus to Orientation. **Please do not** bring a suitcase.
- Overnight canoers dry bag—a large dry bag to share with another canoer **will be PROVIDED** for your personal equipment and sleeping bag.
- 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).

### 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

#### 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, heavy-weight fleece jacket (300 weight), or insulated soft-shell. (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
- Water proof rain pants preferred OR an extra pair of long underwear or synthetic tights and a pair of wind pants

## Puget Sound Orientation | Canoe-Dayhike-Dayhiking Equipment and Clothing List

### HEAD:

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

### 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.

### OPTIONAL ITEMS:

- Camera
- Journal

### FOR YOUR RETURN TO BASE CAMP:

- Towel and toiletries
- 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
5. Tobacco products can be used 25 yards away and down wind from the group. Hookahs and other communal smoking devices are not allowed on these experiences.

### FURTHER CONSIDERATIONS

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).