

Being Prepared

Being prepared is essential for your comfort, health, and safety on Passages. Since 1985, thousands of students have participated in Passages, and we have refined our equipment list to include only the essentials. Bring only the items on this list and you will be prepared for nearly any situation you may encounter.

This list reflects many factors, including weather, safety, and practicality. Please bring, rent, or borrow all required items. Brand names are not expected, and you do not need to purchase equipment unless you plan to use it again. Look for substitutions using items you already own, borrow from friends or family, or shop secondhand. Items marked with an asterisk (*) are available to rent at the listed prices.

Dressing for Pacific Northwest Weather

In late August, weather in the Olympic and Cascade Mountains can vary widely. Daytime temperatures are often 45-70°F, with nighttime temperatures dropping to 30-40°F or colder at higher elevations. Although August is typically the driest month in the Northwest, rain and changing mountain conditions are still common on Passages trips.

Dress in layers to adapt to changing conditions. Wool and synthetic fabrics are recommended because they insulate when wet and dry quickly. Avoid cotton (especially jeans), which dries slowly when wet and can increase the risk of hypothermia.

Before purchasing new clothing or gear, consider whether you will use it again. Borrowing, shopping secondhand, and using items you already own are encouraged. Passages is not a fashion or equipment contest and your gear only needs to keep you warm and dry.

To save space and weight, it is common to reuse clothing for multiple days. Plan for 1-2 sets of trail clothes and 1 set of camp/sleeping clothes. Your Passages leader will help you review your gear before your trip.

Group Equipment

Passages provides all group equipment, including food, snacks, tents/tarps, stoves, cooking supplies, first-aid kits, and other shared gear. Students do not need to bring knives, tools, matches, or first-aid supplies.

You are responsible only for the personal equipment listed on the following page. You may bring additional snacks if desired, but please be mindful of food allergies and sensitivities within your group.

Additional Considerations

Pack light! You must bring all required items, but remember you will also carry a share of group food and equipment. Avoid unnecessary personal items.

There will be a required equipment check and first meeting Saturday evening the day after move-in. Bring all of your equipment to this meeting as you will review your gear and packing plan with your Passages leaders.

Footwear

- ❑ **Hiking boots** – Sturdy hiking boots, shoes, or trail running shoes with good traction. Shoes must be close-toed and durable; standard athletic shoes, sandals, Chacos, or similar footwear are not permitted. If you decide to purchase new footwear, wear them several times beforehand to break them in and ensure they fit comfortably and do not cause hot spots or blisters. A limited selection of over-the-ankle hiking boots are available to rent. Rental fee: \$7
- ❑ **Camp shoes** – Comfortable, lightweight, closed-toed shoes for use around camp. We recommend old sneakers, Crocs, or similar footwear.
- ❑ **Socks** – Two pairs of medium-weight synthetic socks. Do not bring cotton socks as they retain moisture and cause blisters.

Camping Equipment

- ❑ ***Backpack** – Large capacity (60+ liter), internal or external frame backpacking pack with padded hip belt. Rental fee: \$22
- ❑ ***Sleeping bag** – Rated to at least 30°F. A synthetic-fill sleeping bag is highly encouraged because they continue to insulate even if they become wet. Mummy-style bags are recommended because their close-fitting design helps retain body heat while reducing weight and bulk. Rental fee: \$22.
- ❑ ***Sleeping pad** – Closed-cell foam or inflatable sleeping pad. Provides insulation from the ground and adds comfort while sleeping. Rental fee (foam pad): \$3
- ❑ **Water bottles (2)** – One-liter capacity each, or hydration system with two-liter capacity. No glass or ceramic.
- ❑ **Bowl, spoon, and mug** – Durable, reusable bowl, spoon, and mug. No glass or ceramic.
- ❑ **Headlamp or flashlight**

Clothing

Base/Wicking Layer

The base layer moves moisture away from your skin to keep you comfortable.

- ❑ **Synthetic T-shirt (1-2)** – Short or long sleeve
- ❑ **Synthetic Shorts/Pants (1-2)**
- ❑ **Underwear**
- ❑ **Long underwear tops and bottoms** – Warmth at night

Middle Layer

The middle layer provides insulation to keep you warm during cool mornings, breaks, and evenings.

- ❑ **Midweight top, wool or synthetic sweater/jacket, down or synthetic insulated jacket (1-2)**
- ❑ **Sweatpants or fleece pants**

Outer/Shell Layer

The outer layer protects against wind and rain.

- ❑ **Rain jacket and pants**

Head and Hands

Provide additional warmth and/or sun protection.

- ❑ **Knit hat or beanie**
- ❑ **Sun Hat** – Wide-brimmed hat or baseball cap
- ❑ **Gloves or Mittens**

Toiletries and Personal Care Items

Scented items such as deodorant, perfume, soap, and other fragrances are discouraged because they can attract animals. There will be no facilities for showering or bathing while you are backpacking. Passages leaders will provide soap for hand-washing and dish-washing.

- ❑ **Sunscreen** – Water and sweat resistant
- ❑ **Lip balm with SPF**
- ❑ **Toothbrush and toothpaste** – Travel size
- ❑ **Menstrual products**
- ❑ **Hand Sanitizer**
- ❑ **Small quick-dry towel or bandana** – Helpful for personal hygiene, wiping sweat, or drying gear
- ❑ **Prescription and/or routine medications**

Additional Items

- ❑ **Sunglasses**
- ❑ **Glasses/Contact lenses** – Contact lens users must bring glasses, extra contacts, and solution

Optional Items

- ❑ **Camera**
- ❑ **Journal**
- ❑ **Book**
- ❑ **Insect repellent**
- ❑ **Pack protection** – Pack cover or waterproof liner (such as a heavy-duty trash compactor bag inside your backpack)
- ❑ **Change of clothes for after the trip** – May be left in the van
- ❑ **Camping pillow** – Stuffing some clothes into your sleeping bag stuff sack also makes a great makeshift pillow.

Do Not Bring the Following

1. Portable radios, cell phones, or sound equipment of any kind, as they detract from the outdoor group experience. (Cell phones left on airplane mode to use as a camera are acceptable.)
2. Alcohol or drugs
3. Firearms
4. Jeans or cotton clothing, except where specified