

Being Prepared

Day trips are designed to introduce you to some of the best outdoor destinations in the Pacific Northwest. Weather can change quickly, and in late August daytime temperatures may range from the mid-50s to over 90°F. Come prepared by dressing in layers, bringing plenty of water, and packing the required clothing and equipment listed below.

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

You are responsible only for the personal equipment listed on the following page. Please bring, rent, or borrow all required items. Brand names are not expected, and you do not need to purchase new equipment unless you plan to use it again. You may bring additional snacks if desired, but please be mindful of food allergies and sensitivities within your group.

💧 - Required or recommended for paddling days only.

👟 - Required or recommended for hiking days only.

Questions? Contact the Passages office at 253.879.3317 or passages@pugetsound.edu.

Footwear

- ☐ **Hiking footwear** 👟 — Sturdy hiking boots, hiking shoes, trail running shoes, or sturdy athletic shoes with good traction. Shoes must be closed-toe. Sandals, Chacos, or similar footwear are not permitted. A limited selection of over-the-ankle hiking boots are available to rent. Rental fee: \$7
- ☐ **Paddling Footwear** 💧 — Sturdy sandals with a heel strap (e.g., Tevas, Chacos, Keens) or closed-toe water shoes suitable for launching, landing, and walking on rocky beaches. Flip-flops are not permitted.

Personal Items

- ☐ **Small backpack/daypack**
- ☐ **Water bottle(s)** — Bring 1-2 liters of water. No glass or ceramic bottles.
- ☐ **Prescription and/or routine medications**
- ☐ **Sun hat** — Wide-brimmed hat or baseball cap
- ☐ **Sunglasses**
- ☐ **Sunscreen** — Water and sweat resistant
- ☐ **Lip balm with SPF**
- ☐ **Hand Sanitizer**
- ☐ **Towel** 💧

Clothing

- ☐ **Synthetic T-shirt** — Short or long sleeve
- ☐ **Synthetic Shorts/Pants**
- ☐ **Swimsuit** 💧
- ☐ **Light fleece or synthetic jacket**
- ☐ **Rain jacket**

Optional Items

- ☐ **Camera**
- ☐ **Journal**
- ☐ **Insect repellent**
- ☐ **Small waterproof bag or zip-top bags** 💧 — For phone, wallet, medications, and other small valuables.

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 other cotton clothing that will be uncomfortable if wet