



Packing List – Environmental Leaders ARC orientation trips

Each student can bring one small/mid-size bag and one daypack + sleeping bag, tent, and camp pad. Items with a * can be rented from the [Outdoor Program](#), 541-346-4371, if needed.

Everything on this list is required to go on the trip, unless it is listed as “optional.”

Camping + Travel Gear

- *Sleeping bag (3-season, +30 degrees, not cotton based)
- *Tent (unless you know you will be sharing with someone bringing a tent)
- *Sleeping pad/mat (this is not for softness, it is to keep you warm!)
- Fork and spoon
- Mug, ideally insulated and with lid (unbreakable)
- Plate (unbreakable)
- Bowl (unbreakable)
- Water bottle/bladder
- Headlamp/flashlight, + extra batteries

Toiletries

- Sunscreen (reef safe)
- Bugspray (optional)
- Personal toiletries - deodorant, toothpaste, toothbrush, baby wipes, hand sanitizer, tampons/pads, contact solution, shampoo, soap, etc.
- Required medications

Other optional:

- Pocket cash
- Pillow
- Sandals/flips flops
- Trekking poles
- Book
- Games/cards

Clothes

Expect cool and windy conditions on the Coast!

- *Daypack
- Masks (1 or more)
- *Rain coat
- *Rain pants
- Long-sleeved, synthetic (not cotton), warm shirt and bottom layer (for cool mornings, rainy days, buggy conditions)
- Warm jacket
- 2-3 shirts
- 1-2 shorts or pants
- Daily change of underwear
- Daily change of socks + one extra pair in case one gets wet
- *Hiking-appropriate, comfortable, *closed-toe* shoes or boots. Break them in beforehand!
- Sunglasses
- Hat (light, for sun shade – optional for Coast Conscious)
- Warm hat (e.g., beanie)

Note: No electronics other than a phone and headphones!