



Packing List – H2Oregon and 3Rs Trips

Be mindful of the weight you will need to carry when packing! 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 Gear

- *Backpacking backpack
- *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 in backpack
- Headlamp/flashlight, + extra batteries

Toiletries

- Sunscreen (reef safe)
- Buggy spray (optional)
- Personal toiletries - deodorant, toothpaste, toothbrush, baby wipes, hand sanitizer, tampons/pads, contact solution, etc.
- Any medications or medical care items (e.g., epipen, aspirator, birth control)

Clothes

- Mask (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
- *Sturdy hiking boots--with ankle support and designed to walk 25 miles with 50 lbs. Break them in beforehand!
- Sunglasses
- Hat (light, for sun shade)
- Warm hat (e.g., beanie)

Other optional:

- *Trekking poles
- Pocket cash
- Pillow
- Sandals/flips flops

Note: No electronics other than a phone and headphones!