

# Sophomore Backpacking Trip Clothing and Equipment List

This list is designed to insure that you will have what you need to stay warm, dry and safe throughout your backpacking experience. While some of the items may appear to be very specialized, you can probably dig up most of them around your house, your friend's house, or at a thrift store. If you're wondering if you can substitute something for what's on the list, please call. OES also has a limited supply of clothing and equipment to lend.

The #1 fiber to steer away from is cotton, as cotton dries very slowly once it gets wet (either from rain or perspiration), and wet clothing makes you cold. The only cotton items you will want when you're backpacking are t-shirts (for when it's really warm), bandanas, and underwear. (Not long underwear but regular underwear.) The goal is to stick to fibers that dry quickly and/or insulate even when they're wet. Wool, polypropylene, nylon, silk, and polyester fiberfill all fit in this category.

## **A few definitions:**

**POLYPROPYLENE**: A wonderful man-made fiber that wicks moisture away from your skin, and thus keeps your skin dry and hence you warmer. I use polypro as a generic term, which includes other things like Thermax and Capilene. Wool or wool/nylon items (but not wool-cotton) may also be substituted for polypro. (So, if you're looking for polypro long underwear and you have a pair of wool biking tights, the tights will substitute just fine.)

**ENSOLITE**: A closed-cell foam sleeping pad that insulates you from the ground. Ensolite is denser than other foam and does not soak up water. Thermarest pads are a fine substitute.

**INTERNAL AND EXTERNAL FRAME BACKPACKS**: A frame backpack has an integral metal (or occasionally plastic) armature which helps to distribute the weight of your pack away from your shoulders (which tire easily) and onto your hips and the large strong muscles of your legs. An external frame pack is the more "traditional" variety; generally, with an external frame pack you tie your sleeping bag on the outside. With an internal frame pack, most everything goes inside. Both types have their virtues, but for this trip, either type is fine.

## **Where to buy (or rent) what you don't have and can't borrow:**

Thrift stores and army surplus stores are inexpensive places to pick up wool and fleece clothing. The Columbia Sportswear Outlet Stores (Lake Oswego: 636-3593, Sellwood: 238-0118) are good sources of less expensive outerwear (rain and wind clothing). **Andy and Bax** (324 SE Grand), **The Sports Authority** (2780 S.W. Cedar Hills) and **The Next Adventure** (426 SE Grand) carry a variety of camping gear and clothing, and tend to be less expensive than some of the outdoor specialty stores. Costco sometimes carries some quality sleeping bags and occasionally has rain gear and fleece sweaters. **REI** (Tualatin - 624-8600, Hillsboro - 617-6072 or downtown in the Pearl at 1405 NW Johnson St. - 221-1938), **The Mountain Shop** (NE Broadway, 288-6768) and **Oregon Mountain Community** (2975 NE Sandy Blvd. 227-1038) all **rent backpacks** for \$18-30 per week, and REI rents sleeping bags. All of these stores also carry a full line of outdoor equipment and clothing.

## This is what you need to have for the Sophomore Backpacking Trip:

\_\_\_ **If you are taking any medication**, you need to bring two sets of any prescription medicine you might need on the trip, including inhalers. All medicine must be in original containers in a Ziploc bag marked with your name. Your instructor will carry one set of medication as your back-up.

\_\_\_ Good **STURDY BOOTS** that fit, cover the anklebone, are **comfortable and broken in**, and have a sturdy non-slip sole. (Vibram is best). There are a number of light to medium weight hiking boots on the market, and many are inexpensive. **Students will not be allowed to go on the trip with low-top hiking shoes.**

\_\_\_ A good **BACKPACK** that is adjusted to fit you, has padded shoulder straps and an adjustable, padded waist belt. The pack needs to be large enough to fit your clothing, personal gear, and your share of group food and group gear for 4 days. **Pack must be at least 4000 cu. in.** Make sure you check that all zippers, buckles and drawstrings are in working condition.

\_\_\_ A nylon **SLEEPING BAG** that will keep you warm down to 25 degrees and that stuffs into its own stuff sack. Don't bring a down-filled bag - instead look for Hollofil, Qualofil or Polarguard insulation. Don't forget a stuff sack, and **make sure to line your stuff sack with a heavy gauge garbage bag** to insure a dry bag in camp.

\_\_\_ **ENSOLITE PAD or THERMAREST**- To insulate you from the ground. A 3/4-length pad is sufficient.

\_\_\_ One pair of lightweight sneakers or sport sandals (must have a heel strap) for wearing in camp.

\_\_\_ Quality raingear - something that will not self-destruct when worn with your pack

**You must have a good rain jacket with hood and a pair of rain/wind pants.** A poncho is not a very good alternative, as it is more cumbersome and tends to get in the way while cooking and is more prone to snagging on branches. If you are not bringing at least one pair of wool or acrylic pants (or ski pants) and instead are using 2 pairs of polypro underwear for your pants, **you will need some truly waterproof rain pants.** These can be coated nylon or Gore-Tex.

\_\_\_ Pants/Long Underwear – You need to have two pair of insulating pants (fleece, polypro or wool) and one pair of waterproof rain pants. **DO NOT BRING COTTON JEANS.** Here are some ideas of combinations:

Option A: a pair of light wool or acrylic pants (ski pants are generally fine) and a pair of polypro long underwear, plus a pair of wind/rain pants.

Option B: 2 pair of wool/acrylic pants, plus a pair of wind/rain pants

Option C: 2 pair of polypro underwear PLUS one pair of reliably waterproof rain pants

Be sure to check the labels on clothing, as long underwear often contains a percentage of cotton.

\_\_\_ 2-3 pair of wool or acrylic socks and, (if you are prone to blisters or sensitive to wool), two pair of liner socks

\_\_\_ 2 long-sleeve shirts of either wool, acrylic, capilene, or polypro (not cotton!)

\_\_\_ 1 cotton T-shirt or tank top to hike in if the weather is warm and dry

\_\_\_ Shorts- one pair of sturdy, quick dry shorts for hiking (nylon soccer shorts are a great example)

\_\_\_ 2 wool, acrylic (fleece), or pile sweaters or jackets- **not cotton!** (Evenings may be in the 30s)

- \_\_\_ Wool or fleece hat that covers your ears
- \_\_\_ One pair of mittens or gloves (wool, polypro, or ski gloves/mittens will be fine)
- \_\_\_ small flashlight with new batteries (head lamps are getting cheaper and are great for this trip)
- \_\_\_ personal toiletries - toothbrush and paste (small container), hairbrush or comb  
(Keep toiletries to a minimum. We will supply biodegradable soap for you to use - you will not be allowed to use other soap. Wash and Dries are a good option for non-soap clean-ups).
- \_\_\_ for women: ziploc bags and a small non-see-through bag (stuff sack) for carrying out tampons
- \_\_\_ ziploc bag for putting your dirty toilet paper in (we will be carrying out all toilet paper)
- \_\_\_ 3-4 large (30 gallon plus) heavy duty garbage bags to act as evening pack covers and for other "keep dry" functions
- \_\_\_ small notebook and a pen
- \_\_\_ sunglasses w/ strap (croakies)
- \_\_\_ 1 bowl, fork and spoon (plastic is preferred over metal)
- \_\_\_ 1 insulated mug with a lid
- \_\_\_ 2, one liter /quart capacity water bottles with **watertight lids** (Check in advance). A single two liter soda bottle is not acceptable. A camel back type hydration bag is acceptable for one of the two.
- \_\_\_ underwear
- \_\_\_ bandana
- \_\_\_ whistle on a string that can go around your neck
- \_\_\_ sunscreen (minimum 30 SPF) and sunscreen lip balm
- \_\_\_ sun/rain hat (e.g. a baseball cap)

(REMEMBER YOU WILL STILL NEED ROOM TO PACK SOME OF YOUR GROUP GEAR)  
APPROXIMATELY 5-10LBS.

**Optional:**

- \_\_\_ light, warm jacket such as a polarguard vest (optional - bring this extra layer if you know you tend to get cold)
- \_\_\_ compass (a Silva or other type with swivel base)
- \_\_\_ Wash and Dries (for quick no-water clean-ups) and Purell for anti-bacterial clean-up
- \_\_\_ small hand towel
- \_\_\_ a small, non-see-through plastic bag or stuff sack to put your dirty toilet paper bag inside of
- \_\_\_ 30 feet of nylon utility cord (parachute cord) for rigging up tarps, clotheslines, etc.
- \_\_\_ small pocket knife (no more than a 3" blade)
- \_\_\_ small camera and film
- \_\_\_ extra energy food for the Wednesday bus ride (remember to eat a good breakfast)

**Please do not bring IPODS, cell phones, cosmetics or extra personal food. We want this trip to be free from normal distractions. You'll have each other and the scenery to keep you company, and we will provide you with plenty of food.**

**Don't wait to put all of this together. Please call and reserve gear from OES on or after July 1. OES equipment will be ready for pick up at the pack checks.**