

# PNW PACKING INSTRUCTIONS

## - Weather/Clothing -

Summer conditions in the Pacific Northwest typically range from 40°–50° (at night) to 60°–85° (during the day). Keep in mind the climate in this region can be very unpredictable, so you should be prepared for cold, wet and hot weather. The important word in packing for comfort is LAYERING.

## - Layers -

Layering gives you the flexibility to easily warm up or cool down whenever you need. You'll find the packing list to be a thorough guide in keeping you warm and dry!

### **The inner layer keeps the skin dry and comfortable**

- *Cotton is comfortable and breathable, but it absorbs and retains water and will not keep you dry if it gets wet (and cotton takes a very long time to dry). Cotton t-shirts and underwear are fine as long as they are very lightweight.*
- *Capilene or similar fabric 'wicks' moisture away from your body which will keep you warm, dry, and comfortable.*

### **The middle layers provide insulation and protection from the elements**

- *Wool & Polar Fleece<sup>®</sup> fabrics do not absorb water, so they keep you warm even if they get wet. A wool sweater or fleece jacket provides warmth on a chilly evening.*

### **The shell layer protects you from wind and rain**

- *Waterproof/Wind resistant fabrics are a great top layer to keep the wind and rain at bay.*

### **The head layers are for sun protection, rain protection, and to reduce heat loss when it cools down**

- *Baseball style hat with brim, warm winter cap*

### **The hand and feet layers consist of wool/synthetic lined gloves/socks.**

## - Hiking Boots/Shoes -

Hiking boots or shoes are one of the most important pieces of gear that you will bring on this trip. These shoes protect your feet while walking and should provide ankle support. When fitting the boots/shoes, wear Merino wool hiking socks. (Merino wool does not itch.) Take your time and walk around the store to get a good feel for the fit. These shoes need to be comfortable and your foot should not feel cramped at all. When walking you might feel a slight slip in the heel, and that is to be expected. Make sure that there is plenty of room at the toe. If not, your toes will jam the front of the shoe and blister when you walk downhill. Some popular brands are Merrill, Keen and Vasque.

## - Sleeping Gear -

A 20° synthetic fiber bag will be the best sleeping bag for this trip. Please do not bring a down bag. Down will not keep you warm when it gets wet! Synthetic fill bags are the best bet for trips to this region of the country - materials such as Quallofill or Polarguard will do. Your bag **MUST** have a stuff sack that will allow you to store your sleeping bag during the day and keep it clean! It is very important that you have a sleeping pad, either closed-cell foam or a self-inflating mattress - *Remember this is your bed for five weeks!*

## - Toiletries -

We do not shower daily during the trip. Small bottles or travel size items are sufficient. Many campers find 2-in-1 shampoo/conditioner to be useful. Note that unscented or fragrance-free toiletries help keep bugs and critters away.

## - What not to bring on this trip -

- *Jewelry*
- *Hair Dryers/Straighteners*
- *Laundry Soap*
- *Make-up*
- *Cell Phones*

## - About Packing -

Please note all packing must fit in 1 non-wheeled duffel (see size suggestion on back). Over packing may result in insufficient space for other campers' belongings and needed gear. Please follow the list as assigned. Consult directors if you require an item not on the list.

# PNW PACKING LIST

- Please label all belongings with camper's first and last name -

## Sleeping Gear/Luggage

- 1 Sleeping bag (*good to 20°*)
- 1 Sleeping bag stuff sack
- 1 Sleeping pad
- 1 Large duffel (*soft duffel without wheels, 17x30x13*)
- 1 Gym bag or small duffel bag (*from bus to tent for 1-3 nights*)
- 1 Day pack for hikes
- 1 Small bag to stay on bus\*

## Head and Hands

- Baseball style hat with brim
- Gloves or mittens
- Warm winter cap
- Sunglasses with UV protection

## Upper Body Clothing

- 8 Short sleeve tops/tank tops (which can be used as layers)
- 2 Long sleeve tops
- 2 Fleece tops/sweatshirts
- 1 Thermal underwear top (*not cotton*)\*
- 5 Bras (sport and regular)

## Lower Body Clothing

- 1 Pair of jeans\*
- 4 Pairs of long pants (*leggings, sweat/track preferred*)
- 1 Pair of thermal long underwear bottoms (*not cotton*)\*
- 5 Pairs of shorts (*quick dry shorts are best*)
- 12 Pairs of underwear

## Outerwear

- 1 Waterproof rain jacket
- 1 Pair of waterproof rain pants\*

## Footwear

- 12 Pairs of socks (*not cotton*)
- 1 Pair of athletic shoes\*
- 1 Pair of flip flops/sandals (*waterproof, like Keens*)
- 1 Pair of hiking boots/shoes (*give yourself time to break these in*)

## Sleepwear

- 3 Pair pajamas

\*Optional item

## Toiletries

- Toiletry bag or Zip-lock/pack-it bags to hold toiletries
- Comb/brush
- Toothbrush
- Toothpaste
- Liquid body wash (*travel size*)
- Shampoo/conditioner (*2-in-1 preferred, travel size*)
- Deodorant
- Unscented Body wipes (*60 count pack, ex. Dove, because they are a good alternative to showering*)
- 2 Pairs of prescription glasses
- Contact lens and solution for the entire trip
- Small package of Kleenex
- Feminine hygiene products as needed

## Personal Gear

- Valid Passport
- \$350 in US Cash for spending money
- 2, 1-Liter water carriers (*either 2 Nalgene's or 1 Nalgene and a CamelBak*)
- 2 Swimsuits
- 1 Sunscreen (*minimum 15 SPF*)
- Lip balm with SPF
- 2 Towels (*thin beach/face towel. Quick dry - helpful when in sites for 1 day, not required*)
- 1 Headlight/flashlight/lantern
- 1 Bottle of insect repellent (*with DEET*)
- 1 After Bite
- Camera/film (*disposable are best*)
- Pillow (*travel size*)
- Watch
- Portable, battery operated fan

## Optional Gear

- Sketchbook
- Playing cards
- Frisbee, hacky sack
- 2 Movies to watch on the bus (*G, PG or PG13*)
- Reading book
- Personal journal
- Extra batteries
- Laundry bag
- Light blanket for bus
- 3 Large zip-lock/pack-it bags (*to keep gym bag items dry*)