

PNW PACKING INSTRUCTIONS

The following is meant to serve as a guide for what to bring on Camp Chi's Pacific Northwest Road Trip. You do not need to buy everything on this list! You likely have a lot of this already. There are a few items we've highlighted as items

- Weather -

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 unpredictable, so you should be prepared for both cold and hot as well as wet and dry weather.

- Layers -

Layering gives you the ability to mix and match your gear for any conditions we might encounter.

The base layer keeps the skin dry and comfortable.

For base layers, we recommend buying wool or synthetic materials and avoiding cotton. Unlike cotton, wool and synthetics wick moisture away from the body and help keep you dry! Although cotton is comfortable and breathable, it absorbs and retains water and takes forever to dry. Cotton t-shirts are fine but cotton base layers should be avoided.

The middle layers provide insulation and protection from the elements.

Wool & Synthetic fabrics do not absorb water, so they keep you warm even if they get wet. A wool sweater, fleece jacket, or synthetic mid layer jacket will provide warmth on a chilly evening.

The shell layer protects you from wind and rain.

Waterproof and Wind resistant fabrics make a great top layer to keep the wind and rain at bay. Just remember: a waterproof jacket will help with the wind, but a windbreaker will not keep the rain out!

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

Baseball cap with a brim or wide-brim sun hat will keep the sun off your face and a warm winter cap will you're your head warm in the evenings.

The hand and feet layers consist of wool or synthetic lined gloves and socks.

Like with base layers, we recommend wool or synthetic socks as they wick moisture and help keep your feet dry. Stay away from cotton socks!

- Hiking Boots/Shoes -

Hiking boots or shoes are one of the most important pieces of gear that you will bring on this trip. You will be on your feet A LOT during this trip, and the right shoes are the difference between an awesome trip and a miserable trip.

When trying on footwear, make sure to wear the same socks you'll wear on the trip!!

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. 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. If possible, find a way to try them on a decline.

It's also important to have a separate pair of shoes or sandals with a back strap to wear around camp. This gives your feet and boots time to dry while you're not hiking. Too much moisture will increase your likelihood of getting blisters.

- Sleeping Gear -

For this trip, we recommend a synthetic sleeping bag rated to 20 degrees. Please do not bring a down bag. Although down is warm and lightweight, synthetic fill bags are the best bet for trips to this region of the country as synthetics insulate even if they get wet.

A good sleeping pad is extremely important. Not only is it your cushion against the ground, which will vary from campsite to campsite, but it also acts as insulation from the ground and keeps you warm while you sleep. Take your time to try out different options in the store. Remember this will be your bed for five weeks!

- Toiletries -

Campers will not shower daily during the trip. Small bottles or travel size items will be 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. Fragrance free baby wipes are a great way to keep clean in between showers.

- What not to bring on this trip -

- Jewelry • Hair Dryers/Straighteners
- Laundry Soap • Make-up • Cell Phones
- ITEMS ON THIS LIST YOU KNOW YOU WON'T USE!!

- 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 -

THE BIG ONES

Do not skimp on these. The quality of these items can make or break your trip!

- Hiking boots / shoes
- 4-5 Pair Wool or Synthetic Socks
- Sleeping bag (*rated to 20°F*)
- Sleeping Pad
- Rain Jacket / Pants
- Day Pack (16-30L, with Hip Belt recommended)

Sleeping Setup

- 1 Sleeping bag with stuff sack (*rated to 20°*)
- 1 Sleeping pad
- 1 Pillow (*travel size or inflatable camping pillow*)

Luggage

- 1 Large duffel (*soft duffel without wheels, 90-105L*)
- 1 Gym bag or small duffel bag (*from bus to tent for 1-3 nights*)
- 1 Day pack for hikes (*15-30L. Hip straps recommended**)
- 1 Small bag to stay on bus*

Footwear

- 1 Pair of hiking boots / shoes (*make sure to break these in!!*)
- 12 Pairs of socks (*Wool or Synthetic. NO COTTON!*)
 - 3-5 pairs of nice wool or synthetic Hiking socks.
 - 8-10 pairs synthetic socks (*avoid cotton*)
- 1 Pair of sandals or water shoes (*Ex. Teva, Chaco, Keens, etc.*)
- *1 Pair of camp shoes (*sneakers or athletic shoes will work, or you can use your sandals as camp shoes*)*

Lower Body Clothing

- 2-4 Pairs of long pants (*lightweight hiking pants, leggings, sweatpants for around camp*)
- 1 Pair of thermal long underwear bottoms (*Wool or synthetic. NO COTTON!*)
- 3-5 Pairs of shorts (*quick dry shorts are best*)
- 12 Pairs of underwear

Upper Body Clothing

- 8 Short sleeve tops / tank tops (*which can be used as layers*)
- 2 Long sleeve tops
- 1 – 2 Thermal underwear top (*Wool or synthetic. NO COTTON!*)
- 1 long sleeve UPF rated sun shirt (*button down or hoodie*)*
 - This can also be your thermal top
- 1-2 Fleece tops / sweatshirts
- 5 Bras (*sport and regular*)

Outerwear

- 1 Waterproof Rain Jacket
- 1 Pair of waterproof Rain pants (*it's nice if these zip all the way from ankle to hip*) *

- 1 Windbreaker

Head and Hands

- Baseball cap or wide brim sun hat
- Light gloves or mittens
- Warm winter cap
- Sunglasses with UV protection

Sleepwear

- 1-2 Pair pajamas (*can be your long underwear*)

Toiletries

- Toiletry bag or Zip-lock / pack-it bags to hold toiletries.
- Comb / brush
- Toothbrush & Toothpaste
- Biodegradable Soap (*travel size*)
- Biodegradable Shampoo / conditioner (*2-in-1 preferred, travel size*)
- Deodorant (*NO AEROSOL SPRAYS ex. Axe, etc.*)
- 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
- Nail clipper

Personal Gear

- \$450 in US Cash for spending money
- 2, 1-Liter water carriers (*either 2 Nalgene's or 1 Nalgene and a CamelBak. Avoid insulated steel bottles as these are very heavy to hike with all day*)
- 1 Bento Box / Mess Kit
- 2-4 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 Headlamp (*with red light option preferred*)
- 1 Bottle of insect repellent (*with DEET*)
- 1 After Bite
- Camera / film (*disposable are best*)
- Watch

Optional Gear

- Sketchbook / Journal
- Playing cards or small game
- Frisbee, hacky sack, football, etc.
- 2 DVDs to watch on the bus (*G, PG or PG13*)
- Book / Kindle Reader (*NOT TABLET READER ONLY*).
- Laundry bag
- Light blanket for bus
- 3 Large zip-lock / pack-it bags (*to keep gym bag items dry*)