

If you choose the backpacking trips option, you will leave from campus for the Olympic Mountains.

It is important for you and for the comfort, health and safety of your group that you're prepared for this experience. Thousands have participated in Passages since 1985, and over the years we have refined the equipment list to include only the most essential equipment. If you bring this equipment and ONLY this equipment, you will be comfortable in nearly any situation you encounter on your trip.

This equipment list is prepared with many factors in mind. **Please bring, rent or borrow (from family, your hall mate...) everything on the equipment list. We do not expect brand name equipment and we do not expect you to purchase equipment unless you will use it again. There are notes about ways to substitute items on this list for items you may already have or can purchase from used clothing stores.** (Items with an asterisk (\*) are available to rent at the prices listed.)

### DRESSING FOR PACIFIC NORTHWEST WEATHER

During late August in the Olympic Mountains, daytime temperatures can range from 45 to 70 degrees Fahrenheit. Nighttime temperatures can fall considerably, to 30-40 degrees Fahrenheit. Although August is traditionally the driest month in the Northwest, we see rain on Passages trips nearly every year. This is what keeps Puget Sound green.

**Clothing:** We recommend wool or synthetic clothing fabrics (nylon, polypropylene, cotton/poly mix, Capilene®, fleece) for all of your layers. While selecting clothing for wilderness travel, do not bring cotton, except as specifically described. Cotton, especially jeans, won't dry out easily if it gets wet, and this greatly increases the risk

of hypothermia, even in relatively warm temperatures.

**To buy or not to buy:** First, before you purchase new clothing and equipment, think about whether you will use this equipment again. If the answer is no, then borrow from friends and family. Second, remember that Passages is not a fashion or equipment contest. The only thing your clothes need to do is keep you warm and dry. Most likely you have clothing already that is a 50/50 cotton-polyester blend or wool blend. That will work just fine. Third, think about the environmental impact of all new and transfer students buying lots of petroleum-based clothing. Improvise! Check out garage sales and second-hand stores.

**Group Equipment Will Include:** snacks and food for all meals, tents, stoves, pans, first-aid kit, and all other group-related equipment. You are responsible for the personal equipment listed on the next page.

### FURTHER CONSIDERATIONS

Pack light! You must have all the required items, but since you will also be carrying a share of the group equipment and food, we advise you not to bring along any unnecessary personal items.

The first group meeting and equipment check for backpacking groups will be the evening of new student check-in at 7:30 p.m., in the Tennis Pavilion located in the Memorial Fieldhouse. Bring all of your equipment to this mandatory meeting.

If you have any questions about the equipment lists, contact the Passages office at 253.879.3322 or to [passages@pugetsound.edu](mailto:passages@pugetsound.edu).

## Equipment and Clothing List Backpacking

### Required Equipment

#### FOOTWEAR FOR SPECIFIC TRIPS:

- Hiking boots—sturdy, well-broken-in hiking boots, hiking shoes, or trail running shoes. Must be sturdy, close-toe shoes with good traction. Standard athletic shoes, sandals, Chaco's, etc. are not permitted. Should fit comfortably while wearing one pair of medium weight hiking socks. We have a limited selection of over-the-ankle hiking boots available for rent.
- Camp shoes—comfortable, lightweight, closed-toe shoes for the campsite; we recommend old sneakers, Keens®, Crocs®.
- Socks—two pairs of medium-weight synthetic socks. Do not bring cotton socks. (They retain moisture and cause blisters.)

#### CAMPING EQUIPMENT:

- \*Sleeping bag—synthetic fill (Polarguard®, Halofill, Lite Loft™) required for the possibility of wet conditions; should be nylon, mummy style or modified mummy style with hood, drawstring, and baffled zipper; good to 30 F. Dry down bags or a down bag with a bivy bag are acceptable, but not recommended. Rental fee: \$22
- \*Sleeping pad—closed-cell foam or Therm-a-Rest®-style air mattress. Rental fee (foam pad): \$3
- Backpack or duffle bag in which to carry your clothes to the equipment check. Please do not bring a suitcase.
- \*Backpack—large capacity (4,500-5,000 cubic inches or 65-80 liters), internal or external frame with padded hip belt (not merely a thin hip strap), and sleeping bag lashing straps if an external frame. Rental fee: \$22
- Water bottles (2)—one-quart capacity each, or hydration system with two-

quart capacity.

- Durable bowl, spoon, and reusable mug or Puget Sound mug (distributed during Orientation check-in). No glass or ceramic, please.

- Rain jacket and pants

# Passages

## LAYERING:

Dressing in layers is an efficient way to adapt to the changing conditions you will encounter in the mountains. To save on space and weight, it is common to re-use clothing for multiple days. Recommended quantities are listed below and your Passages leader will also provide feedback while you are packing for your trip. As a rule of thumb, you will want 1-2 sets of trail clothes and 1 set of clothes to change into for camp/sleeping.

### Base Layer/Wicking Layer

Lightweight synthetic or mixed-cotton and polyester blends pull the moisture away from your skin to keep you comfortable. During the day this means a T-shirt and synthetic shorts; at night this means long underwear tops and bottoms.

- T-shirt—synthetic or cotton/polyester blend (one to two)
- Shorts—synthetic shorts for quick drying with or without a liner
- Long underwear tops and bottoms—must be polypropylene, Capilene, or 50/50 wool or polyester

### Middle Layer

The middle layer is your first layer of insulation, which keeps you warm when you stop hiking at lunch or while hiking on a cool morning.

- Midweight long underwear top (100-200 fleece weight) or wool or synthetic sweater. (Bring one.)

### Outer Layer

Usually a fleece jacket or additional wool sweater, it is important that your outer layer keeps you warm even if it gets wet. Synthetic layers do this because they do not absorb much water and wool keeps you warm even when it is wet.

- Top—an additional sweater, heavyweight fleece jacket (300 weight), or insulated synthetic jacket. (Bring one.)

It is essential to have a waterproof, lightweight jacket and pants for protection against wind and rain. Coated nylon is inexpensive, lightweight, and works well. Waterproof, breathable fabrics, such as GORE-TEX® also work well but are more expensive. Do not bring a ski parka. They are heavy and usually not waterproof.

## HEAD AND HANDS:

It is important to bring a synthetic or wool hat to keep you warm at night and a wide-brimmed hat to protect you from the sun.

- Synthetic or wool hat
- Sun hat—wide-brimmed hat or baseball cap and bandana
- Gloves or mittens (wool or fleece)—one pair

## ADDITIONAL ITEMS:

- Headlamp or flashlight (headlamp preferred)
- Sunglasses—with retainer strap
- Bandanas—bring one or two (for sun protection, hair, and washing)
- Sunscreen
- Toiletries—travel toothbrush and toothpaste, menstrual products, etc. (Deodorant, perfume, soap, and other scented items are discouraged as they attract animals and there won't be facilities to shower or bathe.) Soap for hand-washing and dish-washing will be provided by your leaders.
- Glasses/Contact lenses—if you wear contact lenses you must bring a pair of glasses, additional contact lenses, and solution.
- Travel-sized hand sanitizer
- Prescription and/or routine medications

## OPTIONAL ITEMS:

- Camera
- Journal

**FOR YOUR RETURN TO CAMPUS**

**(OPTIONAL):**

- A change of clothes for after the trip (Jeans and cotton are fine.)  
Can be left in the van during the trip.

**DO NOT BRING THE FOLLOWING:**

1. Portable radios, cell phones, or sound equipment of any kind, as they detract from the outdoor group experience. (Cell phones left on airplane mode to use as a camera are acceptable.)
2. Alcohol or drugs
3. Firearms
4. Jeans or cotton clothing, except where specified

- Rain jacket and pants

If you choose the car-camping trips option, you will leave from campus for various parks in Western Washington.

It is important for you and for the comfort, health and safety of your group that you're prepared for this experience. Thousands have participated in Passages since 1985, and over the years we have refined the equipment list to include only the most essential equipment. If you bring this equipment and **ONLY** this equipment, you will be comfortable in nearly any situation you encounter on your trip.

This equipment list is prepared with many factors in mind. **Please bring, rent or borrow (from family, your hall mate...) everything on the equipment list. We do not expect brand name equipment and we do not expect you to purchase equipment unless you will use it again. There are notes about ways to substitute items on this list for items you may already have or can purchase from used clothing stores.** (Items with an asterisk (\*) are available to rent at the prices listed.)

#### **DRESSING FOR PACIFIC NORTHWEST WEATHER**

During late August, daytime temperatures can range from 45 to 90 degrees Fahrenheit depending on your location and elevation. Nighttime temperatures can fall considerably, to 30-40 degrees Fahrenheit. Although August is traditionally the driest month in the Northwest, we see rain on Passages trips nearly every year. This is what keeps Puget Sound green.

**Clothing:** We recommend wool or synthetic clothing fabrics (nylon, polypropylene, cotton/poly mix, Capilene®, fleece) for all of your layers. While selecting clothing for wilderness travel, do not bring cotton, except as specifically described. Cotton, especially jeans, won't dry out easily if it

gets wet, and this greatly increases the risk of hypothermia, even in relatively warm temperatures.

**To buy or not to buy:** First, before you purchase new clothing and equipment, think about whether you will use this equipment again. If the answer is no, then borrow from friends and family. Second, remember that Passages is not a fashion or equipment contest. The only thing your clothes need to do is keep you warm and dry. Most likely you have clothing already that is a 50/50 cotton-polyester blend or wool blend. That will work just fine. Third, think about the environmental impact of all new and transfer students buying lots of petroleum-based clothing. Improvise! Check out garage sales and second-hand stores.

**Group Equipment Will Include:** snacks and food for all meals, tents, stoves, pans, first-aid kit, and all other group-related equipment. You are responsible for the personal equipment listed on the next page.

#### **FURTHER CONSIDERATIONS**

Pack light! You must have all the required items, but since there is limited space in the vehicles, we advise you not to bring along any unnecessary personal items.

The first group meeting and equipment check for car-camping groups will be the evening of new student check-in at 7:30 p.m., in Memorial Fieldhouse. Bring all of your equipment to this mandatory meeting.

If you have any questions about the equipment lists, contact the Passages office at 253.879.3322 or to [passages@pugetsound.edu](mailto:passages@pugetsound.edu).

## **Required Equipment**

### **FOOTWEAR FOR SPECIFIC TRIPS:**

- Hiking boots—sturdy, over-the-ankle, well-broken-in, and waterproof or full-leather boots; should fit comfortably while wearing one pair of medium-weight synthetic hiking socks.
- Camp shoes—comfortable, lightweight, closed-toe shoes for the campsite; we recommend old sneakers, Keens®, Crocs®.
- Socks—two pairs of medium-weight synthetic socks. Do not bring cotton socks. (They retain moisture and cause blisters.)

### **CAMPING EQUIPMENT:**

- \*Sleeping bag—synthetic fill (Polarguard®, Halofill, Lite Loft™) required for the possibility of wet conditions; should be nylon, mummy style or modified mummy style with hood, drawstring, and baffled zipper; good to 30 F. Dry down bags or a down bag with a bivy bag are acceptable, but not recommended. Rental fee: \$22
- \*Sleeping pad—closed-cell foam or Therm-a-Rest®-style air mattress. Rental fee (foam pad): \$3
- Backpack or duffle bag in which to carry your clothes and personal items. Please do not bring a suitcase.
- Water bottles (2)—one-quart capacity each, or hydration system with two-quart capacity.
- Durable bowl, spoon, and reusable mug or Puget Sound mug (distributed during Orientation check-in). No glass or ceramic, please.

## LAYERING:

Dressing in layers is an efficient way to adapt to the changing conditions you will encounter in the mountains. To save on space and weight, it is common to re-use clothing for multiple days. Recommended quantities are listed below and your Passages leader will also provide feedback while you are packing for your trip. As a rule of thumb, you will want 1-2 sets of trail clothes and 1 set of clothes to change into for camp/sleeping.

### Base Layer/Wicking Layer

Lightweight synthetic or mixed-cotton and polyester blends pull the moisture away from your skin to keep you comfortable. During the day this means a T-shirt and synthetic shorts; at night this means long underwear tops and bottoms.

- T-shirt—synthetic or cotton/polyester blend (one to two)
- Shorts—synthetic shorts for quick drying with or without a liner
- Long underwear tops and bottoms—must be polypropylene, Capilene, or 50/50 wool or polyester

### Middle Layer

The middle layer is your first layer of insulation, which keeps you warm when you stop hiking at lunch or while hiking on a cool morning.

- Midweight long underwear top (100-200 fleece weight) or wool or synthetic sweater. (Bring one.)

### Outer Layer

Usually a fleece jacket or additional wool sweater, it is important that your outer layer keeps you warm even if it gets wet. Synthetic layers do this because they do not absorb much water and wool keeps you warm even when it is wet.

- Top—an additional sweater, heavyweight fleece jacket (300 weight), or insulated synthetic jacket. (Bring one.)
- Rain jacket and pants

It is essential to have a waterproof, lightweight jacket and pants for protection against wind and rain. Coated nylon is inexpensive, lightweight, and works well. Waterproof, breathable fabrics, such as GORE-TEX® also work well but are more expensive. Do not bring a ski parka. They are heavy and usually not waterproof.

### HEAD AND HANDS:

It is important to bring a synthetic or wool hat to keep you warm at night and a wide-brimmed hat to protect you from the sun.

- Synthetic or wool hat
- Sun hat—wide-brimmed hat or baseball cap and bandana
- Gloves or mittens (wool or fleece)—one pair

### ADDITIONAL ITEMS:

- Headlamp or flashlight (headlamp preferred)
- Sunglasses—with retainer strap
- Bandanas—bring one or two (for sun protection, hair, and washing)
- Sunscreen
- Toiletries—travel toothbrush and toothpaste, menstrual products, etc. All campgrounds have bathrooms with sinks and running water. Showers are available at some (but not all) campgrounds and cost \$0.50 for three minutes. Depending on the park, showers are paid with either quarters or tokens available for purchase. If you want to shower, please be sure to bring quarters.
- Glasses/Contact lenses—if you wear contact lenses you must bring a pair of glasses, additional contact lenses, and solution.
- Travel-sized hand sanitizer
- Prescription and/or routine medications
- Daypack for day hikes or other excursions

### OPTIONAL ITEMS:

- Camera
- Journal
- Towel
- Swimsuit

### DO NOT BRING THE FOLLOWING:

1. Portable radios, cell phones, or sound equipment of any kind, as they detract from the outdoor group experience. (Cell phones left on airplane mode to use as a camera are acceptable.)
2. Alcohol or drugs
3. Firearms
4. Jeans or cotton clothing, except where specified

## Required Equipment

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- Comfortable athletic clothing. You will be active and moving around so be sure you dress comfortably. Synthetic or synthetic-cotton blend clothing wicks moisture from your body and dries faster than cotton clothing.
- Rain clothing—required for day hikes. Suggested: Coated nylon or GORE-TEX®-type hooded rain jacket and coated nylon or GORE-TEX®-type rain pants, if you have them.
- Footwear—sturdy tennis shoes, running shoes, or sneakers
  - » Required for water activities: Closed-toe footwear (old sneakers, aqua socks, or Keen®-type shoes)
  - » Highly recommended for advanced day hikes: Broken-in leather or fabric hiking boots that give ankle support
- Glasses/Contact lenses—if you wear contact lenses **you must bring a pair of glasses**, additional contact lenses, and solution.
- Water bottle—one-quart capacity (Inexpensive bottled water bottles are great.)
- Sunglasses
- Sunscreen
- Hat/baseball cap for sun protection
- Daypack—a small pack in which to carry a lunch and extra clothing around

### OPTIONAL ITEMS:

- Camera
- Journal

### ACTIVITY SPECIFIC EQUIPMENT:

These are items you may want to bring depending on the specific activity you signed up for if you would like to use your own. Mechanical and safety equipment will be inspected by your leaders to ensure it is in good condition to use for the designated activities. If you do not want to bring these or do not have them, they will be provided for you.

- bike and/or bike helmet
- climbing harness and/or climbing shoes
- swimsuit and towel (for paddling groups)

### DO NOT BRING THE FOLLOWING:

1. Portable radios, cellular phones, or sound equipment of any kind, as they detract from the outdoor group experience.
2. Alcohol or drugs
3. Firearms

### FURTHER CONSIDERATIONS

If you have any questions about the equipment lists, contact the Passages office at 253.879.3322 or to [passages@pugetsound.edu](mailto:passages@pugetsound.edu).