

Oregon School Personal Equipment List

CAMP ITEMS: These will be packed in your dunnage bag and will not be available during the day.

*Compact sleeping bag, (down or synthetic, rated to 35 degrees)

*Closed-cell foam or self-inflating sleeping pad, (ensolite, Thermarest, or air mattress)

*Small tarp or groundcloth to sleep on or put tent on

*Compact, lightweight tent, (free-standing preferred, no wall tents please)

2-3 complete changes of clothing (versatile pants and shirts, cotton is fine)

Extra socks, (wool or fleece are best), and underwear wool only for the rugged!)

Camp shoes, (ultra-lite boots, tennis shoes, etc. Something you can walk and hike in comfortably)

Small towel and biodegradable soap and shampoo

Personal hygiene items, including medicine, insect repellent, dry-skin lotion, etc.

Warm jacket, (thick fleece is great - will work on-river as well - or durable coat)

Rain gear, (can double as on-river gear); top is essential, bottoms are advised.

Small flashlight with extra batteries, (headlamps are great)

RIVER ITEMS:

2 - 3 swimsuits or shorts and T-shirts, (nylon quick-drying)

shorts are best - women will want to wear shorts over their swimsuits)

Athletic sandals (Teva's, Chacos, or other imitations), or tennis shoes & fleece socks - NO FLIP-FLOPS OR SLIP-ONS)

Wetsuit, 3mm Farmer John, (**required**)

Polypropylene pile or fleece top (**required**)

Polypropylene pile or fleece pants (encouraged)

Waterproof rainshell (**required**) and rainpants

Brimmed hat, with strap, (baseball caps work well)

Lightweight cotton clothing, (old dress shirts or surgeon's outfits) for sun protection

Waterproof sunscreen/block (SPF 25), lip balm

Sunglasses with strap, (maybe not your best)

Small water bottle, 1 quart, (**essential** -even if its just an empty plastic Gatorade bottle)

Cycling gloves, fingerless (**essential**)

OPTIONAL ITEMS:

Camera and film

Book, sketch pad, journal, etc.

Small daypack, "dry bag", or ammunition box

ARTA will provide cups, plates and eating utensils. Underlined items are the choice of our professional river guides. Please do not bring valuable jewelry, radios, guns, cellular phones or irreplaceable items.

*These items are available for rent, see **Rental Equipment**

Being Prepared :

Whitewater School weather is notoriously inclement, (we call it character-building). Your comfort during the school will be greatly enhanced if you come prepared. DO NOT SKIMP ON THE EQUIPMENT LIST! Because the river is extremely cold, and because you will be spending both planned and unplanned time in it, we require that all students have a "Farmer-John" type wetsuit, at least one thick, polypropylene, fleece top, and a sturdy waterproof rainshell. A "Farmer-John" wetsuit covers the torso and legs but is sleeveless, allowing good shoulder movement; 3mm or 1/8 inch thickness is ideal. Fleece garments retain their insulation even when wet and are ideal for river wear. One or two pile or fleece sweaters, jackets or expedition weight long underwear tops, (commonly called Polartec or Polarfleece) are advised. A waterproof rainshell or paddling jacket will keep you dry on the river and in camp if it rains - make sure it is waterproof, not just water-repellant. Also, polypropylene pile or fleece socks, (not cotton!), and a pile or fleece hat will help keep you warm on really cold days and a good pair of cycling gloves, (fingerless with leather palms), will help protect your hands from blistering. You will be spending 10 days outside, in the river, rain, and sun and your comfort and enjoyment of the school will be greatly enhanced if you are properly prepared

Rental Equipment:

ARTA has the following gear available for rent during the school, (please reserve in advance):
35 degree Sierra Designs polarguard bag with cotton liner, self-inflating pad and tarp = \$40/set
Sierra Designs Clip 3 tent = \$40 each
Farmer-John Wetsuits = \$50 each

