

PORTLAND, OREGON PACKING CHECKLIST



For adventurers exploring Portland, Oregon,
the Columbia River Gorge, and Mount Hood

Whether you're strolling through Forest Park, visiting the Pearl District, hiking to waterfalls in the Columbia River Gorge, or heading up to Mount Hood, Portland's ever-changing weather means it's best to be prepared for anything. From rainy days in the city to sunny hikes with epic views, layering and smart packing will keep you comfortable for all your adventures.



CLOTHING & FOOTWEAR



EVERYDAY WEAR & LAYERS

- ☐ Lightweight waterproof jacket with a hood
- ☐ Sweater, fleece or other easy-to-remove layer
- ☐ Moisture-wicking T-shirts
- ☐ Long-sleeve shirt
- ☐ Comfortable pants or jeans
- ☐ Shorts (seasonal)
- ☐ Dresses or skirts (optional)
- ☐ Pajamas or sleepwear
- ☐ Underwear and socks



OUTERWEAR & RAIN GEAR

- ☐ Lightweight waterproof jacket with a hood
- ☐ Water-resistant or windbreaker jacket
- ☐ Compact umbrella (if you prefer one)
- ☐ Rain pants or packable rain skirt (optional)



FOOTWEAR

- ☐ Comfortable walking shoes, preferably water-resistant
- ☐ Hiking shoes if you plan to explore the Columbia River Gorge or Mount Hood
- ☐ Sandals or slip-on shoes
- ☐ Warm socks (winter)



ACCESSORIES

- ☐ Sunglasses and sunscreen, especially in summer
- ☐ Hat and gloves for winter visits
- ☐ Scarf or neck gaiter (cooler weather)
- ☐ N95 or KN95 mask during wildfire season

DAY TRIPS & OUTDOOR ADVENTURES



DAY HIKE ESSENTIALS

- ☐ Small daypack
- ☐ Reusable water bottle
- ☐ Snacks or energy bars
- ☐ Trail map (offline or printed)
- ☐ Camera or smartphone for photos
- ☐ First aid kit (small)
- ☐ Multi-tool or pocket knife
- ☐ Sunscreen and lip balm with SPF
- ☐ Insect repellent



COLUMBIA RIVER GORGE & MOUNT HOOD ESSENTIALS

- ☐ Layers for changing temperatures
- ☐ Waterproof jacket with a hood
- ☐ Hiking shoes with good traction
- ☐ Extra socks
- ☐ Trekking poles (optional)
- ☐ Headlamp or flashlight
- ☐ Gloves and beanie (even in summer, higher elevations can be cold)
- ☐ Plenty of water



HEALTH & SAFETY

- ☐ Hand sanitizer
- ☐ Wet wipes
- ☐ N95 or KN95 mask during wildfire season
- ☐ Prescription medications
- ☐ Basic first aid supplies
- ☐ Motion sickness medication (if needed)

ELECTRONICS



- ☐ Phone
- ☐ Portable phone charger
- ☐ Charging cables
- ☐ Wall charger
- ☐ Camera
- ☐ Power bank
- ☐ Headphones or earbuds



TRAVEL ESSENTIALS

- ☐ Driver's license or photo ID
- ☐ Credit and debit cards
- ☐ Transit pass or app (TriMet)
- ☐ Hotel confirmations (if applicable)
- ☐ Copies of important documents
- ☐ Travel insurance info



EXTRAS THAT HELP

- ☐ Reusable shopping bag
- ☐ Lightweight towel (for hikes or waterfalls)
- ☐ Zip-top bags for electronics during rain
- ☐ Notebook and pen
- ☐ Local guidebook or maps (optional)

SEASONAL ADDITIONS



SPRING (MARCH–MAY)

- Light rain jacket
- Waterproof shoes
- Layers for cool mornings and evenings
- Allergy medication



SUMMER (JUNE–AUGUST)

- Sunscreen and lip balm
- Lightweight, breathable clothing
- Sunglasses and hat
- Swimsuit (for river dips or hot springs)
- Insect repellent



FALL (SEPTEMBER–NOVEMBER)

- Warm layers and fleece
- Waterproof jacket
- Hiking shoes
- Hat and gloves
- Camera for fall colors



WINTER (DECEMBER–FEBRUARY)

- Insulated jacket
- Warm base layers
- Waterproof boots
- Hat, gloves, and scarf
- Hand warmers (optional)

BEFORE YOU GO

- ☐ Check the weather forecast
- ☐ Review trail conditions for hikes
- ☐ Download offline maps



- ☐ Make restaurant or tour reservations
- ☐ Leave copies of your itinerary
- ☐ Pack extra layers—you'll likely need them!

PRO TIPS



Portland is a walking city—comfortable, water-resistant shoes are a must!



Stay hydrated! Bring a reusable water bottle wherever you go.



Rain can happen any time of year—be prepared and embrace it!



Explore beyond the city—the Columbia River Gorge and Mount Hood are just a short drive away.



Use public transit, bikes, or ride shares—parking can be limited and expensive.