

These days, boaters, hikers and bikers can now be a lot more prepared for the elements when they visit the north coast of Oregon.

If you are concerned about the weather conditions (and you should be) before taking a weekend trip to the coast, tripsavvy.com offers some advice on “Tips for Visiting the Oregon Coast.”

Check the tide table

“Visitors should know whether the tides are high or low, coming in or out, at every stop along an Oregon Coast beach. Not only is it essential knowledge for safety, but it will also make a difference in the nature of your particular beach experience.”

Bring appropriate clothes and footwear

“The Oregon Coast is rugged, wet and windy. Flip flops and tank tops are not recommended attire. As is appropriate throughout the Northwest, dressing in layers is your best bet.”

It's easier to take extra layers off than not have any layers at all.

And, “the Oregon Coast can have a chilly wind. A hat will not do the job — it doesn't cover your ears and the wind will probably blow it off anyway. A hood is just the thing to keep your ears — and the rest of you — all toasty.”

For footwear, boots or sturdy shoes are reasonable, since “the Oregon Coast terrain includes expanses of lumpy rock. Trails down to the beach or up to a lighthouse can be steep ... if you plan to walk the beaches and explore the tide pools, something waterproof is a good idea.”

And once visitors get back to their car, they will find that a change of socks, shoes and dry clothes is much appreciated.

Other recommended items to carry along in a backpack would include: sunblock, lip balm, sunglasses, binoculars, and of course, a charger for your cell phone.

We've come a long way since Lewis and Clark.

For boaters (from westmarine.com)

“Layers of special clothing for active boating, such as foul weather gear, fleece jackets and long underwear, help keep us warm, dry and comfortable regardless of changing weather.”

It's better to overdress than underdress. Go with a three-layer look, including a base layer, an insulating layer and a weather resistant layer.

For hikers & backpackers (from rei.com)

Again, “Layers are key. You can stop and remove a layer when you start to sweat, and add a layer when you start to feel chilled. As for the latter, heed the mantra of outdoors experts: It's easier to stay warm than to get warm.”

Consider fabrics that are quick-drying and able to rebuff insects where ticks, mosquitoes and other pests are a nuisance. Also consider how pockets, zippers, hoods, vents and other details affect the performance of the pieces you choose.

Some backpackers will forgo the convenience of added features in order to save ounces, while others will opt for comfort despite the added weight.

Locally, Englund Marine or Big 5 Sporting Goods carries all manner of hiking, backpacking and boating apparel. 🌊

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