Community Immersion Pre-Orientation Trip Packing List

What to pack in: A backpack or duffel bag is easiest to carry. For MidCoast trip participants, a small suitcase is perfectly acceptable, for North Haven trip participants, please avoid suitcases. Please do not over-pack, as space in our accommodations is very limited! You may also want a separate day pack to hold an extra shirt, water bottle, camera, etc. You will not have a place to lock up your belongings during the trip, so it is suggested you limit what valuables you bring to those which can be carried in your day pack.

Clothes
The weather in Maine during August can range from high 50s at night to 90s during the day. Shorts, jeans, and lightweight shirts, and a jacket or sweatshirt for layering are best. You will need clothes and shoes which can get dirty at service projects. As well as comfortable, casual clothes for recreational activities (such as going to dinner).

Essential:
- 2-3 outfits for service projects (these may get dirty)
- 1-2 t-shirts
- 1 long-sleeved shirt
- 1-2 pairs of shorts
- 1 pair of pants
- 1 pair of sturdy shoes for service projects (sneakers or hiking boots)
- 1 pair of footwear for recreational activities
- rain jacket
- fleece jacket or heavy sweatshirt (for cool nights and mornings)
- underwear and socks for 4 days
- swimsuit (North Haven only)

Gear
Essential:
- sleeping bag*
- sleeping pad* (we will be sleeping indoors, but a pad will make the floor more comfortable)
- small pillow (or your fleece or sweatshirt can work as a pillow)
- towel
- hat for sun protection
- water bottle (at least 24 oz.)
- sunscreen (SPF 30 is good)
- bug repellent
- toiletries (toothbrush, toothpaste, soap, shampoo, etc.)
- any medications you might need

Optional:
- sunglasses
- camera
- journal and pen/pencil
- daypack
- cell phone (however, use of cell phones will be very limited)

Please do NOT bring:
- Laptops and Ipods/ cd players

* Please contact me ASAP if you are unable to get any of these gear items as they might be able to be checked out from the Bowdoin Outing Club.

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