

BOWDOIN OUTING CLUB

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PRE-ORIENTATION TRIP EQUIPMENT LIST

Backpacking Trip

What to pack in: An internal or external frame pack that has enough volume to hold all of your belongings as well as some group gear and food (approx: 4500 - 6000 in³).

Essential Gear

Clothes

- 2 tee-shirts
- 1 pair of shorts
- 1 bathing suit
- 1 pair lightweight pants; **no jeans** (they get wet and cold!)
- 2 wool or synthetic pile sweaters or jackets
- 2 sets (top & bottom) **synthetic** long underwear, such as polypropylene or capilene. Any types containing cotton are not acceptable. Cotton robs the body of essential heat when it is wet.
- 1 wool or synthetic fleece hat
- 1 hat for sun and bug protection
- underwear for 4 days
- 1 pair wool mittens or gloves
- 3 pairs wool socks
- 2 pairs synthetic sock liners
- rain gear: rain jacket & pants are ideal, but a parka is acceptable (no ponchos please)

Gear

- sleeping bag (pack this inside a tough garbage bag inside its regular stuff sack to help ensure dryness)
- sleeping pad (closed-cell pads or Thermo-Rests® please, open cell foam pads act like sponges)
- sturdy hiking boots with good ankle support (they **must** fit properly and be broken in prior to the trip - they should fit with at least 1 pair wool socks)
- 1 of each: cup, bowl, spoon (no glass)
- pocket knife
- 2 water bottles (no glass)
- flashlight and extra batteries
- sunscreen (spf 15 is good)
- bug repellent
- a few extra garbage bags
- toilet kit: its contents should be those things that you cannot live without (toothbrush, toothpaste, tampons, biodegradable soap)

Optional Gear

- lightweight sandals, such as Tevas, for wearing around camp
- camera (the Outing Club loves copies of good photos)
- sunglasses
- journal and pen/pencil
- reading material (a small paperback)
- small towel