PRE-ORIENTATION TRIP EQUIPMENT LIST
Isle Au Haut

What to pack in: Pack in a duffel bag/backpack.

**Essential Gear**

**Clothes**
- 2 tee-shirts
- 1 pair of shorts
- 1 bathing suit
- 1 pair lightweight pants; **no jeans** (they get wet and cold!)
- 1 wool or synthetic pile sweater
- 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.
- A sturdy pair of shoes for walking around the island on both roads and trails.
- 1 wool or fleece hat
- 1 hat for sun and bug protection
- underwear for 4 days
- 3 pairs wool socks
- 1 pair wool mittens or gloves
- rain gear: rain jacket & pants are ideal, but a parka is acceptable

**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 Therma-Rests® please, open cell foam pads act like sponges)
- a small day pack or fanny pack
- 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**
- camera and film (the Outing Club loves copies of good photos)
- sunglasses
- Sandals, such as Tevas, for wearing in camp
- journal and pen/pencil
- reading material (a small paperback)
- small towel