PRE-ORIENTATION TRIP EQUIPMENT LIST
Kent Island

What to pack in: You may pack in anything that you’d like.

**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
- 1 set (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.
- rubber boots
- shoes: these may be sneakers or sandals
- 1 wool or synthetic pile hat
- 1 hat for sun and bug protection
- underwear for 4 days
- 2 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)
- 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)
- ID: US citizens must bring either a passport or your driver's licence and a photocopy of your birth certificate. Non-US citizens MUST have a passport and a multiple-entry visa.

**Optional Gear**
- binoculars, highly recommended
- magnifying lens
- camera (the Outing Club loves copies of good photos)
- sunglasses
- enough anti-sickness pills or wristbands to cover a 2 hour ferry ride and a 45 minute fishing boat trip to and from the island
- journal and pen/pencil
- reading material, playing cards, etc... (we have put in a request for good weather, but they don't often listen to us up in the Bay of Fundy as well as they do here in Maine)
- small towel