PRE-ORIENTATION TRIP EQUIPMENT LIST
Chewonki Sailing Trip

What to pack in: Please pack in a duffel bag. Make sure that it is well lined with a garbage bag or two to keep your stuff dry. You will be given a large dry bag upon arriving at Bowdoin.

Essential Gear

Clothes
- 3 tee-shirts (1 long sleeve - for sun protection)
- 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.
- 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

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 pair of old sneakers that you don’t mind sacrificing to the water, mud, and other elements which you may encounter
- 1 pair of shoes for in camp/on the boat-these can not be flip flops. Sandals must have a heel strap. If you choose to have sandals, you should also bring along a pair of shoes which you can wear in foul weather in which your feet will stay warm.
- 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 (the Outing Club loves copies of good photos)
- sunglasses
- journal and pen/pencil
- reading material (a small paperback)
- small towel