PRE-ORIENTATION TRIP EQUIPMENT LIST
Sea Kayak Trip

What to pack in: You may pack in anything you’d like to get to Bowdoin. Upon arriving at Bowdoin, each student will be issued a dry bag for their clothes. We recommend that all gear and clothes be packed in small dry bags or in trash bags, so be sure to have extra garbage bags for sleeping bags and pads.

Essential Gear

Clothes
- 2 tee-shirts (1 should be 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 pair of old sneakers/shoes that you don’t mind sacrificing to the water, mud and other elements which you may encounter. Neoprene booties work well for warmth as well as tromping around. Flip flops or sandals with no backs are not allowed for use in the water. Tevas or Chacos are acceptable for in the boats.
- 1 pair of shoes or sandals for wearing around camp
- 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. If you have a down sleeping bag it is essential that it is water tight - down loses all ability to keep you warm when it gets wet!!)
- sleeping pad (closed-cell pads or Therma-Rests® please, open cell foam pads act like sponges)
- sunglasses
- 1 of each: cup, bowl, spoon (no glass)
- pocket knife
- 2 water bottles (no glass)
- flashlight and extra batteries
- sunscreen - this is essential. Water trips have the potential to expose participants to lots of sun from both direct light and reflected light.
- 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
- wetsuit - the Outing Club will provide wetsuits, but if you have one that you really like, bring it along.
- Sandals, such as Tevas, for wearing around camp
- camera and film (the Outing Club loves copies of good photos)
- journal and pen/pencil
- reading material (a small paperback)
- small towel