

BOWDOIN OUTING CLUB

9090 College Station, Brunswick, ME 04011 · Phone: 207-798-4268 · Fax: 207-725-3931

The Outing Club has a limited number of backpacks, sleeping bags, and sleeping pads for students to borrow. As such, we encourage bringing your own of these items, or borrowing from friends or family. If this is not possible please be in contact about borrowing these items before August 5th. Additional items will be available for purchase at the BOC upon arrival including wool socks, long underwear (tops and bottoms), headlamps, and water bottles; financial aid is available for those who qualify. If you have any questions about gear please contact bocOtrips@bowdoin.edu.

ORIENTATION TRIP EQUIPMENT LIST

Coastal Studies

What to pack in: You may pack in anything that you'd like. A backpack is easiest to carry, but a duffel bag is perfectly acceptable. No wheeled luggage, please!

Clothes

- 2 tee-shirts
- 2 pair of shorts
- 1 bathing suit/clothes to swim in
- 1 pair pants – leggings are fine too.
- 2 wool or fleece sweaters, or 1 fleece and 1 lightweight puffy jacket
- **1 set (top & bottom) **synthetic** long underwear, like polypropylene or capilene. Any types containing cotton are not acceptable.
- 1 pair of sturdy sneakers for day hikes and in camp
- 1 pair of water shoes - old sneakers or sturdy sandals or crocs work well. Must have heel strap
- 1 wool or fleece hat
- 1 hat for sun and bug protection
- Underwear for 4 days
- **2 pair wool/synthetic socks, 2 additional pairs
- Rain jacket

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)
- Day pack (a small backpack or bookbag is fine)
- 1 of each: cup, bowl, spoon (no glass)
- **2 water bottles (no glass)
- **Flashlight and extra batteries
- Sunscreen
- Sunglasses
- 2 garbage bags
- Toilet kit: its contents should be those things that you cannot live without (toothbrush, toothpaste, pads/tampons/menstrual cup, prescription medication, contacts and contact solution, etc.)
- Small towel

Optional Gear

- Camera (the Outing Club loves copies of good photos)
- Journal and pen/pencil
- Reading material (a small paperback)
- Pocket knife

* = Available to borrow from the Outing Club. Please request by August 5

** = Available to purchase from the Outing Club on arrival day.

BOWDOIN OUTING CLUB

9090 College Station, Brunswick, ME 04011 · Phone: 207-798-4268 · Fax: 207-725-3931