

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

Surf

What to pack in: You may pack in anything that you like. A backpack is easiest to carry, but a duffel bag is perfectly acceptable. No wheeled luggage, please! You will want a small day pack to take with you during the day.

Clothes

- 2 tee-shirts
- 2 pair of shorts
- 1 bathing suit/clothes to swim in
- 1 pair pants or leggings
- 2 wool or fleece sweaters or 1 fleece and 1 lightweight puffy jacket
- 1 pair hiking shoes; heavy hiking boots are unnecessary but you will want boots or shoes with some support - sturdy sneakers or light hikers are a good idea.
- 1 pair of shoes for in camp: sneakers or sturdy sandals or crocs work well
- **1 set (top & bottom) **synthetic** long underwear, such as polypropylene and capilene. Any types containing cotton are not acceptable.
- 1 wool or fleece hat
- 1 hat for sun and bug protection
- Underwear for 4 days
- *2 pairs wool or 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 book bag is fine)
- 1 of each: cup, bowl, spoon (no glass)
- **2 water bottles (no glass)
- **Flashlight/headlamp and extra batteries
- Sunscreen
- Beach towel
- 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.)

Optional Gear

- Surfboard - the Outing Club will provide surfboards, but if you have one and can bring it, feel free to do so
- Wetsuit - the Outing Club will provide wetsuits, but if you have one that you really like, bring it along
- Camera (the Outing Club loves copies of good photos)
- Journal and pen/pencil
- Reading material (a small paperback)

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Optional Gear cont.

- Beach toys – frisbees, sand castle building equipment, etc
- Pocket knife

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

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