

## Community Immersion Orientation Trip Packing List

**Packing:** Please do not over-pack, as space in our accommodations is very limited! Suitcases are not allowed this trip and students are encouraged to pack belongings in backpacks or duffle bags. You may want a separate daypack to hold an extra shirt, water bottle, camera, etc. You will not have a place to lock up your belongings during the trip, so it is suggested that you limit valuables you bring to those which can be carried in your daypack.

**Clothing:** The weather in Maine during August can range from high 50s at night to 90s during the day. Shorts, jeans, lightweight shirts, and a jacket or sweatshirt for layering are best. You will need clothes and shoes that can get dirty at service sites as well as comfortable, casual clothes for recreational activities.

### Essential Clothing

- 2-3 outfits for service projects (these may get dirty)
- 1-2 t shirts
- 1 long sleeved shirt
- 1-2 pairs of shorts
- 1 pair of pants
- 1 pair of sturdy shoes for service projects (sneakers or hiking boots)
- rain jacket
- fleece jacket or heavy sweatshirt (for cool nights and mornings)
- swimsuit
- underwear and socks for 4 days

### Essential Gear

- sleeping bag\*
- sleeping pad\*
- small pillow (your fleece or sweatshirt can work as a pillow)
- towel
- water bottle (at least 24 oz.)
- sunscreen (SPF 30 is good)
- bug repellent
- toiletries (toothbrush, toothpaste, soap, shampoo, etc.)
- any medications you might need

### Optional Items

- hat for sun protection
- sunglasses
- camera
- journal and pen/pencil
- book
- daypack

**Please do NOT bring laptops or cell phones**—Leaders will have cell phones and the ability to get in touch with campus authorities in all times in case of emergency.

\*Please contact Kaya ASAP if you are unable to get either a sleeping bag or sleeping pad as they might be able to be checked out from the Bowdoin Outing Club. If you are on a Midcoast based trip, you will be staying in your dorm room and can use your regular bedding instead.

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