

## Community Immersion Orientation Trip Packing List

**PACKING:** Please do not over-pack, as space in our accommodations is very limited! Suitcases are not allowed on this trip so please pack belongings in backpacks or duffle bags, ready to go for Arrival Day, August 25<sup>th</sup>. You may want a separate small daypack to hold your water bottle and lunch. You will not have a place to lock up your belongings during the trip, so please limit valuables you bring to those which can be carried in your daypack.

**CLOTHING:** You will need clothes and shoes that you are comfortable getting dirty at service project sites as well as comfortable, casual clothes for recreational activities. The weather in Maine during August can range from high 50s (chilly) at night to 90s (hot!) during the day, and it's best to bring breathable clothing that you can layer!

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

**BORROWING GEAR:** Please contact us ASAP if you are unable to acquire either a sleeping bag or sleeping pad or other items of the packing list as we can help secure one for you through the McKeen Center or the Outing Club. Email us at [mckeenotrips@bowdoin.edu](mailto:mckeenotrips@bowdoin.edu)

ESSENTIAL CLOTHES	ESSENTIAL GEAR
<ul style="list-style-type: none"><li>• 4 t-shirts</li><li>• 1 long sleeved shirt</li><li>• 1-2 pairs of shorts</li><li>• 1-2 pairs of pants (most service projects will require pants!)</li><li>• 1 pair of sturdy <b>closed-toe</b> shoes for service projects (sneakers or hiking boots)</li><li>• Rain jacket with hood</li><li>• Fleece jacket or heavy sweatshirt (for cool nights and mornings)</li><li>• Pajamas</li><li>• Swimsuit</li><li>• Underwear and socks for 4 days</li></ul>	<ul style="list-style-type: none"><li>• <b>Sleeping bag (see note above)</b></li><li>• <b>Sleeping pad (see note above)</b></li><li>• Small pillow (your fleece or sweatshirt can work as a pillow)</li><li>• Towel (small helps with packing)</li><li>• Reusable water bottle (at least 24 oz.)</li><li>• Sunscreen</li><li>• Toiletries (toothbrush, toothpaste, soap, shampoo, etc.)</li><li>• Any medications you might need</li><li>• Hat for sun protection</li></ul>
OPTIONAL ITEMS	McKEEN CENTER WILL PROVIDE
<ul style="list-style-type: none"><li>• Sunglasses</li><li>• Journal and pen/pencil</li><li>• Book</li><li>• Daypack</li><li>• Camera</li><li>• Playing cards or other small tech-free activities</li></ul>	<ul style="list-style-type: none"><li>• 3 meals a day plus snacks</li><li>• Cooking and Food Prep equipment</li><li>• Work gloves for service projects</li><li>• Lifelong memories</li></ul>

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