

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

Essential Clothing

- 4 t-shirts
- 1 long sleeved shirt
- 1-2 pairs of shorts
- 1-2 pairs of pants (most service projects will require pants!)
- 1 pair of sturdy **closed-toe** shoes for service projects (sneakers or hiking boots)
- rain jacket
- fleece jacket or heavy sweatshirt (for cool nights and mornings)
- pajamas
- 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
- reusable water bottle (at least 24 oz.)
- sunscreen (SPF 30 is good)
- toiletries (toothbrush, toothpaste, soap, shampoo, etc.)
- any medications you might need
- daypack

Optional Items

- hat for sun protection
- sunglasses
- journal and pen/pencil
- book
- playing cards

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 us ASAP if you are unable to get either a sleeping bag or sleeping pad as we can help secure one for you through the Bowdoin Outing Club.

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