

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 **Aziscohos Valley**

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

Clothes

- ☐ 2 tee-shirts
- ☐ 2 pair of shorts
- ☐ 1 bathing suit
- ☐ 1 pair of lightweight pants; **no jeans** (they get wet and cold!) Leggings are fine.
- ☐ 1 wool or fleece sweater
- ☐ **1 set (top & bottom) **synthetic** long underwear, such as polypropylene or capilene. Any types containing cotton are not acceptable. Cotton robs the body of essential heat when it is wet.
- ☐ 1 pair of water shoes: old sneakers, sturdy sandals, or any shoe that won't fall off your feet in water
- ☐ 1 pair of camp shoes – sneakers, crocs, sandals, etc.
- ☐ 1 pair of shoes to hike in - either sneakers, running shoes, or hiking boots will work
- ☐ 1 warm hat (not cotton)
- ☐ 1 hat for sun and bug protection
- ☐ Underwear for 4 days
- ☐ **2 pairs wool or synthetic, 1 additional pair
- ☐ 1 rain jacket

Gear

- ☐ *Sleeping bag (pack this inside a tough garbage bag inside its stuff sack to help ensure dryness. If you have a down sleeping bag it is essential that it is water tight - down loses all ability to keep you warm when it gets wet!!)
- ☐ *Sleeping pad (closed-cell pads or Therma-Rests® - open cell foam pads act like sponges)
- ☐ 1 of each: cup/mug, bowl, spoon (no glass please)
- ☐ **2 water bottles (no glass, need to be at least 1 L. Gatorade bottles work great!)
- ☐ **Flashlight or headlamp and extra batteries
- ☐ Sunscreen - this is **essential**.
- ☐ 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 daypack
- ☐ Small towel

Optional

- ☐ Camera (the Outing Club loves copies of good photos).
- ☐ Journal and pen/pencil
- ☐ Reading material (a small paperback)
- ☐ Pocket knife
- ☐ Bug repellent
- ☐ Musical instrument for around the campfire
- ☐ Small towel
- ☐ Rain pants

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

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

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