

BOWDOIN OUTING CLUB

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The Outing Club has a limited number of backpacks, sleeping bags, and sleeping pads. 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

Backpacking Trip

What to pack in: An internal or external frame pack that has enough volume to hold all of your belongings as well as some group gear and food (approx: 4500 - 6000 in³). Remember that you will be carrying everything you pack – please pack lightly! Please do not pack any cotton clothing – cotton gets heavy when it gets wet and does not dry out quickly.

Clothes

- 1 tee-shirt – synthetic, quick drying
- 1 pair of shorts – synthetic, quick drying
- 1 pair lightweight pants; **no jeans** (they get wet and cold!) Leggings are fine.
- 2 wool or fleece sweaters or jackets, or 1 fleece and 1 lightweight puffy jacket
- **1 set (top & bottom) **synthetic** long underwear, such as polypropylene or capilene. Any types containing cotton are not acceptable.
- 1 wool or fleece hat
- 1 hat for sun and bug protection
- Underwear for 4 days
- **3 pairs wool or synthetic socks. No cotton.
- Rain jacket. Must be waterproof/breathable (no rubber please!)

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)
- Sturdy hiking boots with good ankle support (they **must** fit properly and be broken in prior to the trip)
- 1 of each: cup, bowl, spoon (no glass)
- **2 32 oz water bottles (no glass. Gatorade or Nalgene bottles work well)
- **Flashlight or headlamp and extra batteries
- Sunscreen
- 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.)
- Camp shoes: old sneakers, crocs, sturdy sandals work well
- Sunglasses
- 2 large trash bags

Optional

- Camera (the Outing Club loves copies of good photos)
- Journal and pen/pencil
- Reading material (a small paperback)
- Pocket knife
- Bug repellent
- Rain pants

*= Available to borrow. Please request before August 5

**= Available for purchase at the Outing Club