

# BOWDOIN OUTING CLUB

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\*The Outing Club has a limited number of backpacks, sleeping bags, and sleeping pads that will be available to borrow if needed. Additional items will be available for purchase at the BOC upon arrival including wools 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](mailto: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 in<sup>3</sup>). 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. Try lining the inside of your pack with a big garbage bag to help make everything waterproof!

### Essential Gear

#### **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. Cotton robs the body of essential heat when it is wet.
- 1 wool or fleece hat
- 1 hat for sun and bug protection
- underwear for 4 days
- 1 pair wool or fleece mittens or gloves
- \*3 – 4 pairs wool socks
- rain gear: rain jacket & pants are ideal. Must be waterproof/breathable (no rubber!)

#### **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 - they should fit with at least 1 pair wool socks)
- 1 of each: cup, bowl, spoon (no glass)
- \*2 32 oz water bottles (no glass)
- \*Flashlight or headlamp and extra batteries
- Sunscreen
- toilet kit: its contents should be those things that you cannot live without (toothbrush, toothpaste, tampons)

### Optional Gear

- lightweight sandals, such as Tevas or Crocs for wearing around camp
- camera (the Outing Club loves copies of good photos)
- sunglasses
- journal and pen/pencil
- reading material (a small paperback)
- pocket knife
- bug repellent