

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

Canoe Tripping - Flagstaff/Bigelow

What to pack in: You may pack in anything you'd like. When you arrive at Bowdoin, you will be given a large dry bag for all of your belongings.

Clothes

- 2 tee-shirts – synthetic, quick drying
- 1 pair of shorts – synthetic, quick drying
- 1 bathing suit/clothes to swim in
- 1 pair lightweight pants for hanging around camp (no jeans please). Leggings will work.
- 2 wool or fleece sweaters 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 pair of water shoes: Old sneakers/shoes/ that you don't mind getting wet and muddy. No flip flops or sandals without a heel strap.
- 1 pair of shoes for in camp such as sneakers, crocs, sturdy sandals
- 1 pair of hiking shoes - sturdy sneakers or hiking boots will work
- 1 wool or fleece hat
- 1 hat for sun and bug protection
- Underwear for 4 days
- **3 pairs wool or synthetic socks
- Rain jacket

Gear

- *Sleeping bag (pack this inside a tough garbage bag inside its regular 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® please, open cell foam pads act like sponges)
- 1 of each: cup, bowl, spoon (no glass)
- **2 water bottles (no glass)
- **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.)

Optional Gear

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

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

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