

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 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.

ORIENTATION TRIP EQUIPMENT LIST Carrabassett Valley Trailwork

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

Essential Gear

Clothes

- 2 tee-shirts
- 1 pair of shorts
- 1 bathing suit (can use shorts for swimming, with a sports bra for women)
- 1 pair pants – leggings are fine too.
- 2 wool or fleece sweaters, or 1 fleece and 1 lightweight puffy jacket
- *1 set (top & bottom) **synthetic** long underwear, like polypropylene or capilene. Any types containing cotton are bad. Cotton robs the body of essential heat when it is wet.
- 1 pair of old sneakers that you don't mind sacrificing to the water, mud, and other elements that you will encounter. Sturdy sandals, such as Texas, are also acceptable.
- 1 pair hiking shoes or boots; heavy hiking boots are unnecessary but you will want boots or shoes with some support - sturdy sneakers or light hikers are a good idea.
- 1 wool or fleece hat
- 1 hat for sun and bug protection
- underwear for 4 days
- *3 pairs wool socks
- 1 pair wool or fleece mittens or gloves
- rain gear: rain jacket & pants are ideal

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)
- day pack (a small backpack or bookbag is fine)
- 1 of each: cup, bowl, spoon (no glass)
- *2 water bottles (no glass)
- *flashlight and extra batteries
- sunscreen
- sunglasses
- bug repellent
- a few extra garbage bags
- toilet kit: its contents should be those things that you cannot live without (toothbrush, toothpaste, tampons)

Optional Gear

- camera (the Outing Club loves copies of good photos)
- journal and pen/pencil
- reading material (a small paperback)
- small towel

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☐ pocket knife