

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 **Day Hiking**

What to pack in: You may pack in anything that you like. A backpack is easiest to carry, but a duffel bag is perfectly acceptable. No wheeled luggage please! You will want a day pack to take with you during the day.

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 lightweight pants; **no jeans** – they get wet and cold! Leggings are fine.
- ☐ 2 wool or fleece sweaters, or 1 fleece and 1 lightweight puffy jacket
- ☐ *1 set (top & bottom) **synthetic** long underwear, such as polypropylene and capilene. Any types containing cotton are not acceptable. Cotton robs the body of essential heat when it is wet.
- ☐ 1 wool or synthetic 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. Must be waterproof/breathable – no rubber!
- ☐ sturdy hiking boots with good ankle support - they **must** be broken in prior to the trip and should fit with at least 1 pair of wool socks
- ☐ camp shoes – sturdy sandals (Teva or Chacos), crocs, sneakers, etc to wear around camp.

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 book bag is fine)
- ☐ 1 of each: cup, bowl, spoon (no glass)
- ☐ *2 water bottles (no glass)
- ☐ *Flashlight/headlamp 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

- ☐ lightweight sneakers or sandals for wearing around camp
- ☐ camera (the Outing Club loves copies of good photos)
- ☐ journal and pen/pencil

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- ☐ reading material (a small paperback)
- ☐ small towel
- ☐ pocket knife