

BOWDOIN OUTING CLUB

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The Outing Club has a limited number of backpacks, sleeping bags, and sleeping pads for students to borrow. 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 Indian Pond

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!

Clothes

- 2 tee-shirts
- 2 pair of shorts
- 1 bathing suit/clothes to swim in
- 1 pair pants or leggings
- 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.
- 1 pair of water shoes: old sneakers, sturdy sandals, sturdy sandals with heel straps. Flip flops not acceptable
- 1 pair of camp shoes - sneakers or sturdy sandals
- 1 pair of lightweight hiking boots or sturdy sneakers
- 1 wool or fleece hat
- 1 hat for sun and bug protection
- Underwear for 4 days
- **2 pairs wool or synthetic socks, 2 additional pairs of 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!!)
- Daypack (your school backpack works)
- *Sleeping pad (closed-cell pads or Thermo-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
- Small towel
- 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

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

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

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