

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 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

Katahdin

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

Clothes

- 2 tee-shirts
- 2 pair of shorts
- 1 bathing suit/clothes to swim in
- 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.
- 1 wool or synthetic fleece hat
- 1 hat for sun and bug protection
- Underwear for 4 days
- **3 pairs wool or synthetic socks
- Rain jacket - Must be waterproof/breathable – no rubber please!
- Sturdy hiking boots with good ankle support are **strongly preferable**, but sturdy sneakers will suffice - they **must** be broken in prior to the trip and should fit with at least 1 pair of wool socks
- Camp shoes – sturdy sandals (Tevan or Chacos), crocs, sneakers

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
- 1 of each: cup, bowl, spoon (no glass)
- **2 water bottles (no glass)
- **Flashlight/headlamp and extra batteries
- Sunscreen
- Sunglasses
- 2 garbage bags
- Toilet kit: things that you cannot live without (toothbrush, toothpaste, pads/tampons/menstrual cup, prescription medication, contacts and contact solution)

Optional

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

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

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