

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 Merrymeeting Bay

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.

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
- **2 pairs wool or synthetic socks (no cotton please)
- Rain jacket
- Camp shoes: sneakers, crocs, sturdy sandals work well
- Water shoes: old sneakers, or sandals with a heel strap will work well. No flip flops
- Hiking shoes: sneakers are fine!

Gear

- *Sleeping bag (pack this inside a garbage bag inside its stuff sack to help keep dry)
- *Sleeping pad (closed-cell pads or Therma-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/headlamp and extra batteries
- Sunscreen
- Sunglasses
- Small towel
- 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)
- Pocket knife
- Bug spray
- Rain pants

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

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