

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 **Monson Cabin Day Hiking**

What to pack in: Pack in a sturdy backpack or bag that is easily carried for the ½ mile between the road and the Cabin. No wheeled luggage please! Bring along a small day pack for hiking 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 or capilene. Any types containing cotton are not acceptable. Cotton robs the body of essential heat when it is wet.
- ☐ 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
- ☐ sturdy hiking boots or sneakers

Gear

- ☐ *sleeping bag (pack this inside a tough garbage bag inside its regular stuff sack to help ensure dryness)
- ☐ daypack (a small backpack or book bag is fine)
- ☐ 1 of each: cup, bowl, spoon (no glass)
- ☐ *2 water bottles (no glass)
- ☐ *flashlight or 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)
- ☐ small towel

Optional Gear

- ☐ camera (the Outing Club loves copies of good photos)
- ☐ journal and pen/pencil
- ☐ reading material (a small paperback)
- ☐ Slippers, sandals, or crocs for around camp
- ☐ pocket knife
- ☐ playing cards

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