

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 **Mountain Biking Trip**

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!

Clothing – avoid cotton please

- 2 t-shirts
- 2 pair of shorts
- 1 pair padded cycling shorts (optional, but nice to have)
- 1 bathing suit/clothes to swim in
- 1 pair pants or leggings. No jeans please
- 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
- **2 pairs wool or synthetic socks, 2 additional pairs
- Cycling shoes - stiff soled shoes or sturdy sneakers
- Sandals, such as Texas, or lightweight sneakers for wearing in camp
- small towel
- Rain jacket

Gear

- Bike helmet - the BOC will provide helmets. If you have one you like, you can bring it**
- Bike - the BOC will provide bikes.**
- A small day pack or fanny pack
- *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)
- 1 of each: cup, bowl, spoon (no glass)
- 2 bike water bottles that fit into cages on your bike or a camelback hydration system
- **Headlamp or flashlight and extra batteries
- Sunscreen
- Sunglasses
- 2 garbage bags
- toilet kit: its contents should be those things that you cannot live without (toothbrush, toothpaste, tampons)

Optional Gear

- Camera (the Outing Club loves good photos!)
- Basic bike repair kit if you have one
- 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.