

# 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 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](mailto:bocOtrips@bowdoin.edu).

## ORIENTATION TRIP EQUIPMENT LIST Whitewater Kayak

**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!

### Essential Gear

#### Clothes

- 2 tee-shirts
- 2 pair of shorts
- 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. One set will be for paddling in and the other for camping in.
- 1 pair of old sneakers that you don't mind sacrificing to the water, mud and other elements which you may encounter. Neoprene booties (available to borrow from the BOC) work well for warmth as well as tromping around. Sturdy sandals, such as Tevas, are also acceptable, flip flops are not. These shoes will get wet.
- 1 pair of camp shoes such as tevas, crocs, sneakers, etc.
- 1 wool or fleece hat
- 1 hat for sun and bug protection
- Underwear for 4 days
- \*3 pairs wool 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!!)
- \*Sleeping pad (closed-cell pads or Therma-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 Gear

- Camera (the Outing Club loves copies of good photos)
- Journal and pen/pencil
- Reading material (a small paperback)
- Wetsuit - the Outing Club will provide wetsuits, but if you have one that you really like, bring it along.
- Pocket knife
- Bug spray
- Musical instrument for around the campfire.

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