ORIENTATION TRIP EQUIPMENT LIST
Midcoast Communities: Environment and Sustainability

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
- 1 pair of shorts
- 1 bathing suit (can use shorts for swimming, with a sports bra for women)
- 1 pair pants – leggings are fine too.
- 2 wool or fleece sweaters, or 1 fleece and 1 lightweight puffy jacket
- 1 set (top & bottom) **synthetic** long underwear, like polypropylene or capilene. Any types containing cotton are bad. Cotton robs the body of essential heat when it is wet.
- 1 pair of old sneakers that you don't mind sacrificing to the water, mud, and other elements that you will encounter. Sturdy sandals, such as Tevas, are also acceptable.
- 1 pair hiking shoes or boots; heavy hiking boots are unnecessary but you will want boots or shoes with some support - sturdy sneakers or light hikers are a good idea.
- 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

**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 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 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)

**Optional Gear**
- camera (the Outing Club loves copies of good photos)
- journal and pen/pencil
- reading material (a small paperback)
- small towel
- pocket knife