ORIENTATION TRIP EQUIPMENT LIST
Canoe Tripping

What to pack in: You may pack in anything you’d like. When you arrive at Bowdoin, you will be given a large dry bag for all of your belongings.

Essential Gear

Clothes
- 2 tee-shirts – synthetic, quick drying
- 1 pair of shorts – synthetic, quick drying
- 1 bathing suit (can use shorts for swimming, with a sports bra for women)
- 1 pair pants for hanging around camp
- 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 pair of old sneakers/shoes/ that you don’t mind sacrificing to the water, mud, and other elements which you may encounter. These may be sport sandals such as Chacos or Tevas, but no flip flops or sandals without a heel strap. Neoprene booties also work well
- 1 pair of shoes for in camp such as sneakers or hiking boots
- 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

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. Water trips have the potential to expose participants to lots of sun from both direct light and reflected light.
- 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