

Please consult the complete list of trips below to determine what packing list to use when preparing for your COOT trip. If you have any questions or think you will be unable to provide yourself with any of the gear listed, please contact us as soon as possible.

TRIP NAME:	PACKING LIST:
Acadia Civic Engagement _____	Front-Country Camping Trip
Acadia Trail Work _____	Front-Country Camping Trip
Baldpate _____	Backpacking
Baxter Trailwork _____	Back-Country Camping Trip
Bigelow _____	Backpacking
Camden Hills _____	Front-Country Camping Trip
Challenge Course _____	Front-Country Cabin Trip
Civic Engagement _____	Front-Country Camping Trip
Coastal _____	Front-Country Camping Trip
Cooking with Local, Sustainable Foods _____	Front-Country Cabin Trip
Downeaster _____	Front-Country Camping Trip
Fishing _____	Water-Based Trip
Flagstaff _____	Water-Based Trip
Grafton Loop _____	Backpacking
Gulf Hagas _____	Front Country Camping Trip
Katahdin _____	Front-Country Camping Trip
Local Exploration _____	Front-Country Cabin Trip
Mahoosuc Notch _____	Backpacking
Mindfulness and Meditation _____	Front-Country Cabin Trip
Mount Blue _____	Front-Country Camping Trip
Moxie Bald _____	Backpacking
NEOC Canoe * _____	Water-Based Trip
Organic Farm Stay _____	Front-Country Camping Trip
Painting _____	Arts
Photography _____	Arts
Rangeley _____	Front-Country Camping Trip
Rock Climbing _____	Front-Country Camping Trip
Roundtop _____	Backpacking
Sailing _____	PACKING LIST TO BE MAILED IN AUGUST
Sea Kayak _____	PACKING LIST TO BE MAILED IN AUGUST
Sugarloaf _____	Backpacking
Surfing _____	Water-Based Trip
Upper Richardson _____	Water-Based Trip
Whitewater Rafting _____	Water-Based Trip
Yoga _____	Front-Country Cabin Trip

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<b>Arts:</b>	Painting, Photography
<b>Back-Country Camping Trip:</b>	Baxter Trailwork
<b>Backpacking:</b>	Backpacking
<b>Front-Country Cabin Trip:</b>	Challenge course, Cooking with local sustainable foods, Local Exploration, Mindfulness and Meditation, Yoga
<b>Front-Country Camping Trip:</b>	Acadia Civic Engagement, Basecamp, Civic Engagement, Organic farm stay, Rock climbing
<b>Water-Based:</b>	Canoeing, Fishing/Canoeing, Surfing, Whitewater rafting

**Personal Gear List** – *You are responsible for providing these items. Please let us know as soon as possible if you are having difficulty obtaining any of the items on the list and we will do our best to help you!*

**Equipment:**

- ρ Sleeping bag and stuff sack 1
- ρ Backpack 1 Small, day-pack

**Upper Body Layers:**

- ρ T-shirt(s) 2-3 Synthetic or cotton
- ρ Sweater, sweatshirt, or jacket 1-2 Fleece, down, wool, or cotton
- ρ Base Layer 1 Long underwear or long sleeve T-shirt
- ρ Rain Layer 1 Waterproof rain jacket

**Lower Body Layers:**

- ρ Shorts 1-2 Synthetic, athletic shorts recommended
- ρ Pants 1-2 Jeans, sweats, or hiking pants
- ρ Underwear 2-3 Dependent upon preference

**Head and Hands**

- ρ Baseball cap 1 Protect face from the sun
- ρ Wool or fleece hat 1 Warmth for cool nights

**Feet**

- ρ Sneakers 1
- ρ Camp shoes/sandals 1 Comfortable shoes to wear around the cabin
- ρ Socks 2-3 Preferably synthetic or wool, can be cotton

**Personal Necessities**

- ρ Mess kit 1 Bowl, spoon, and fork
- ρ Water bottle(s) 1-2 Should have a capacity around 1 quart
- ρ Head lamp or small flashlight 1
- ρ Personal hygiene items Toothbrush, toothpaste, hand sanitizer, feminine products, biodegradable soap, etc.
- ρ Contractor trash bags 2 Miscellaneous use
- ρ Glasses/contact lenses Bring a spare pair and contact solution
- ρ Sunscreen and lip balm With SPF protection

**Trip-Specific Gear**

- ρ Musical instrument (optional, but recommended for Music COOT)
- ρ Painting supplies like sketch books, oil paints, paint brushes, etc. (recommended for Painting COOT)
- ρ Camera (required for Photography COOT, optional for others)

**Optional**

- ρ Pocket knife
- ρ Bug repellent
- ρ Sunglasses

**ITEMS TO LEAVE ON CAMPUS**

Electronics (including cell phones, MP3 players, portable gaming systems, etc.)

Any other personal items of substantial value that have the potential to get destroyed or lost in the wilderness or present an opportunity for theft if left in college vehicles.

We have a strict drug and alcohol policy on all COOT trips. Students who bring these items or make use of them will be removed from the trip and/or subject to disciplinary action upon the trip's return to campus.

**Personal Gear List** – *You are responsible for providing these items. Please let us know as soon as possible if you are having difficulty obtaining any of the items on the list and we will do our best to help you!*

**Equipment:**

ρ Sleeping bag and stuff sack	1	Must be rated to 30 degrees
ρ Sleeping pad	1	Small and light weight
ρ Backpack	1	Can be a small, day-pack

**Upper Body Layers:**

ρ T-shirt(s)	2-3	Synthetic or cotton
ρ Sweater, sweatshirt, or jacket	1-2	Fleece, down, wool, preferably not cotton
ρ Base Layer	1	Synthetic long underwear, preferably not cotton
ρ Rain Layer	1	Waterproof shell

**Lower Body Layers:**

ρ Shorts	1-2	Synthetic, athletic shorts preferred
ρ Pants	1	Preferably synthetic hiking pants, sweats okay
ρ Base Layer	1	Light or mid-weight synthetic long underwear (NO COTTON)
ρ Rain Layer	1	Durable, synthetic water-resistant rain pants
ρ Briefs/Sports Bras	2-3	Dependent upon preference, avoid cotton

**Head and Hands**

ρ Baseball cap	1	Protect face from the sun
ρ Wool or fleece hat	1	Warmth for cool nights
ρ Gloves or mittens	1	Fleece or wool
ρ Bandanas	1-2	Miscellaneous use

**Feet**

ρ Hiking boots	1	Mid to heavy
ρ Camp shoes/sandals	1	Comfortable shoes to wear after hiking
ρ Socks	4	Synthetic or wool (e.g. Smartwool or similar)

**Personal Necessities**

ρ Mess kit	1	Bowl, spoon, and fork
ρ Water bottles	2	Should have a combined capacity of around 2 quarts
ρ Head lamp or small flashlight	1	
ρ Personal hygiene items		Toothbrush, toothpaste, hand sanitizer, feminine products, biodegradable soap, etc.
ρ Contractor trash bags	2	To line backpack and sleeping back stuff-sack
ρ Glasses/contact lenses		Bring a spare pair and contact solution
ρ Sunscreen and lip balm		With SPF protection

**Optional**

ρ Pocket knife	ρ Bug repellent	ρ Camera
ρ Sunglasses	ρ Liner socks	

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**Equipment:**

ρ Sleeping bag and stuff sack	1	Must be rated to 30 degrees
ρ Sleeping pad	1	Small and light weight
ρ Internal/External Frame Backpack	1	Around 4500 cubic inch capacity

**Upper Body Layers:**

ρ T-shirt(s)	1-2	Preferably synthetic
ρ Insulating Layer (sweater/jacket)	1	Fleece, down or wool
ρ Base Layer	1	Light or mid-weight synthetic long underwear (NO COTTON)
ρ Rain Layer	1	Waterproof, breathable shell

**Lower Body Layers:**

ρ Outer Layer	1-2	Synthetic shorts and/or hiking pants depending of preference
ρ Base Layer	1	Light or mid-weight synthetic long underwear (NO COTTON)
ρ Rain Layer	1	Durable, synthetic water-resistant rain pants
ρ Briefs/Sports Bras	2-3	Dependent upon preference, avoid cotton

**Head and Hands**

ρ Baseball cap	1	Protect face from the sun
ρ Wool or fleece hat	1	Warmth for cool nights
ρ Gloves or mittens	1	Fleece or wool
ρ Bandanas	1-2	Miscellaneous use

**Feet**

ρ Hiking boots	1	Mid to heavy
ρ Camp shoes/sandals	1	Comfortable shoes to wear after hiking
ρ Socks	4	Synthetic or wool (e.g. Smartwool or similar)

**Personal Necessities**

ρ Mess kit	1	Bowl, spoon, and fork
ρ Water bottles	2	Should have a combined capacity of around 2 quarts
ρ Head lamp or small flashlight	1	
ρ Personal hygiene items		Toothbrush, toothpaste, hand sanitizer, feminine products, biodegradable soap, etc.
ρ Contractor trash bags	2	To line backpack and sleeping back stuff-sack
ρ Glasses/contact lenses		Bring a spare pair and contact solution
ρ Sunscreen and lip balm		With SPF protection

**Optional**

ρ Pocket knife	ρ Bug repellent	ρ Camera	ρ Trekking Poles
ρ Sunglasses	ρ Gaiters	ρ Liner socks	ρ Pack cover

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**Equipment:**

- ρ Sleeping bag and stuff sack 1
- ρ Backpack 1 Can be a small, day-pack

**Upper Body Layers:**

- ρ T-shirt(s) 2-3 Synthetic or cotton
- ρ Sweater, sweatshirt, or jacket 1-2 Fleece, down, wool, or cotton
- ρ Base Layer 1 Long underwear or long-sleeve T-shirt
- ρ Rain Layer 1 Waterproof rain jacket

**Lower Body Layers:**

- ρ Shorts 1-2 Synthetic, athletic shorts preferred
- ρ Pants 1-2 Jeans, sweats, or hiking pants
- ρ Underwear 2-3 Dependent upon preference

**Head and Hands**

- ρ Baseball cap 1 Protect face from the sun
- ρ Wool or fleece hat 1 Warmth for cool nights

**Feet**

- ρ Sneakers 1
- ρ Camp shoes/sandals 1 Comfortable shoes to wear around the cabin
- ρ Socks 2-3

**Personal Necessities**

- ρ Mess kit 1 Bowl, spoon, and fork
- ρ Water bottle(s) 1-2 Should have a capacity around 1 quart
- ρ Head lamp or small flashlight 1
- ρ Personal hygiene items Toothbrush, toothpaste, hand sanitizer, feminine products, soap, etc.
- ρ Contractor trash bags 2 Miscellaneous use
- ρ Glasses/contact lenses Bring a spare pair and contact solution
- ρ Sunscreen and lip balm With SPF protection

**Optional**

- ρ Sleeping pad (recommended) ρ Bug repellent ρ Camera
- ρ Sunglasses ρ Pocket knife ρ Bandana(s)

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**Equipment:**

ρ Sleeping bag and stuff sack	1	Must be rated to 30 degrees
ρ Sleeping pad	1	Small and light weight
ρ Backpack	1	Can be a small, day-pack

**Upper Body Layers:**

ρ T-shirt(s)	2-3	Synthetic or cotton
ρ Sweater, sweatshirt, or jacket	1-2	Fleece, down, wool, preferably not cotton
ρ Base Layer	1	Synthetic long underwear, preferably not cotton
ρ Rain Layer	1	Waterproof shell

**Lower Body Layers:**

ρ Shorts	1-2	Synthetic, athletic shorts preferred
ρ Pants	1	Preferably synthetic hiking pants, sweats okay
ρ Base Layer	1	Light or mid-weight synthetic long underwear (NO COTTON)
ρ Rain Layer	1	Durable, synthetic water-resistant rain pants
ρ Briefs/Sports Bras	2-3	Dependent upon preference, avoid cotton

**Head and Hands**

ρ Baseball cap	1	Protect face from the sun
ρ Wool or fleece hat	1	Warmth for cool nights
ρ Gloves or mittens	1	Fleece or wool
ρ Bandanas	1-2	Miscellaneous use

**Feet**

ρ Shoes	1	Sneakers or hiking boots
ρ Camp shoes/sandals	1	Comfortable shoes to wear at the end of the day
ρ Socks	3-4	

**Personal Necessities**

ρ Mess kit	1	Bowl, spoon, and fork
ρ Water bottles	2	Should have a combined capacity of around 2 quarts
ρ Head lamp or small flashlight	1	
ρ Personal hygiene items		Toothbrush, toothpaste, hand sanitizer, feminine products, soap, etc.
ρ Contractor trash bags	2	To line backpack and sleeping back stuff-sack
ρ Glasses/contact lenses		Bring a spare pair and contact solution
ρ Sunscreen and lip balm		With SPF protection

**Optional**

ρ Pocket knife	ρ Bug repellent	ρ Camera
ρ Sunglasses	ρ Climbing shoes (Rock Climbing COOT ONLY)	

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**Equipment:**

ρ Sleeping bag and stuff sack	1	Must be rated to 30 degrees, preferably synthetic
ρ Sleeping pad	1	Small and light weight
ρ Backpack	1	Small day-pack <i>*Need full size pack for NEOC trips for portage</i>
ρ Fishing trip ONLY: Spin-casting set-up	1	Remember you also need to obtain a Maine fishing license

**Upper Body Layers:**

ρ T-shirt(s)	1-2	Preferably synthetic
ρ Insulating Layer (sweater/jacket)	1	Fleece or wool (NO DOWN)
ρ Base Layer	1	Light or mid-weight synthetic long underwear (NO COTTON)
ρ Rain Layer	1	Waterproof, breathable shell

**Lower Body Layers:**

ρ Outer Layer	1-2	Synthetic shorts and/or hiking pants depending of preference
ρ Base Layer	1	Light or mid-weight synthetic long underwear (NO COTTON)
ρ Rain Layer	1	Durable, synthetic water-resistant rain pants
ρ Briefs/Sports Bras	2-3	Dependent upon preference, avoid cotton

**Head and Hands**

ρ Baseball cap	1	Protect face from the sun
ρ Wool or fleece hat	1	Warmth for cool nights
ρ Gloves or mittens	1	Fleece or wool
ρ Bandanas	1-2	Miscellaneous use

**Feet**

ρ Hiking shoes	1	Sneakers or hiking boots
ρ Camp shoes/sandals	1	Comfortable shoes to wear at camp
ρ Socks	3-4	Synthetic or wool (e.g. Smartwool or similar)

**Personal Necessities**

ρ Mess kit	1	Bowl, spoon, and fork
ρ Water bottles	2	Should have a combined capacity of around 2 quarts
ρ Head lamp or small flashlight	1	
ρ Personal hygiene items		Toothbrush, toothpaste, hand sanitizer, feminine products, biodegradable soap, etc.
ρ Contractor trash bags	2	To line dry-bag and sleeping back stuff-sack
ρ Glasses/contact lenses		Bring a spare pair and contact solution
ρ Sunscreen and lip balm		With SPF protection

**Optional**

ρ Small dry bag (recommended)	ρ Pocket knife	ρ Camera
ρ Sunglasses	ρ Bug repellent	ρ Liner socks

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