

WEATHER

Summer in Maine is often warm and sunny, but cold fronts are common and these bring wind and rain. Out on the water, the air stays cool and moist so warm, quick drying clothing is essential. The sun can be intense making sun protection (sun screen & clothing) very important. Temperatures at night can drop to the 40s and even lower in May and September. Daytime temperatures range from the 50s to the 80s.

REQUIRED CLOTHING & EQUIPMENT

Overview

Bringing the required clothing on your course is crucial to being prepared for ALL the weather conditions you may encounter. On expedition, you carry a lot less than when you travel in the regular world. The clothing on this list is designed to keep you warm if it is cold or wet and be flexible enough to allow you to pack away items if it is hot. **Please bring everything on the list.**

Sizing & Layering

Packing several light layers rather than fewer heavier layers allows you more flexibility as the weather and workloads change. Inner layers should fit closely, middle layers should fit loosely and outer layers should be just a little bit baggy. When shopping or packing, it is a good idea to try on your layers together.

Packing

Before your expedition, your instructors will check your gear; they will assess your clothing with the actual route and the anticipated weather in mind. Items you don't take on expedition will be stored safely at base. We suggest **leaving the tags** on any items you purchase in case you don't use them, but please note that you should check with each store to see what their return policies are. If there are items that you would like to bring but which are not mentioned on this list, feel free to call and ask your course advisor at 855-802-0307.

Outward Bound Provides

Please note that Outward Bound provides all other equipment including (but not limited to) sleeping bags & pads, backpacks or duffel bags, dry bags, lifejacket (Personal Flotation Device), and foul weather gear. There are no additional fees for the use of our equipment.

Tick-Borne Diseases

Lyme Disease and other tick-borne diseases are an increasing risk of traveling in the wild parts of the US, including Maine and New Hampshire. Fortunately, there are prevention steps that are very effective and, in the case of infection, treatment is relatively simple and recovery complete, so long as the diagnosis is made early. Students and their families should educate themselves on the risks, prevention measures, and signs and symptoms of tick-borne illnesses.

We STRONGLY recommend pre-treating your footwear, long pants, long-sleeve shirts, jackets and hats with a chemical barrier containing permethrin, at least two days before traveling to your course. Applied correctly and allowed to dry before wearing, the treatment remains effective for up to a month.

Permethrin spray is readily available at many retailers, including: [Dick's Sporting Goods](#), [Campmor](#), and [Walgreen's](#).

For more information, please download our Tick Borne Disease Prevention Fact Sheet:

http://www.hiobs.org/media/resources/Tick-Borne_Disease_Prevention_Fact_Sheet_2014-5.pdf

PLEASE BRING ALL ITEMS IN THIS SECTION: You are welcome to bring extras of the items marked with a plus (+) sign. The clothing and equipment on this list is widely available in many places. Specialty outdoor stores like [L.L.Bean](#), [REI](#), [Campmor](#) and [Eastern Mountain Sports](#) will have a range of appropriate items to choose from. Discount retailers like [Sierra Trading Post](#) and the [REI Outlet](#) often have discounts on name brand gear and clothing. You may also locate many first-quality clothing and equipment items at military surplus stores and area consignment stores and thrift stores, such as [Goodwill](#) and [The Salvation Army](#). Please contact your course advisor for suggestions.

TOPS		
2	LONG UNDERWEAR TOPS	Materials may be Capilene®, polypropylene or other synthetics; silk is less effective—NO COTTON. Light or medium weight.
2	SPORTS BRAS (<i>women only</i>)	Quick-drying synthetic bras.
1-2	SYNTHETIC T-SHIRTS	Can be 50/50 blend of cotton/polyester but all synthetics dry faster. One could be a tank top.
1	COTTON T-SHIRT	Nice for dry weather or for sleeping in.
1	WIND JACKET	Lightweight, breathable, unlined nylon jacket
1	WARM FLEECE JACKET OR WOOL SWEATER	Thick: 300-weight Polartec® or the equivalent in wool or pile. A full front zipper helps you vent and makes layering easier.
1	LONG-SLEEVED, LIGHTWEIGHT SHIRT	Old dress shirts are great for sun protection. Thrift stores generally have the best and brightest selection! Can be cotton.

BOTTOMS		
3-4	UNDERPANTS	Synthetic fabrics work best but cotton is okay.
2	LONG UNDERWEAR BOTTOMS	Materials may be Capilene®, polypropylene or other synthetics; silk is less effective—NO COTTON. Light or medium weight.
1	QUICK-DRY PANTS	Loose-fitting, lightweight nylon fabric dries quickly.
1-2	SHORTS	Loose-fitting, quick-drying athletic shorts.
1	SWIM WEAR	Women: bring a one-piece quick-drying suit, or you can swim in sports bra and shorts instead. Men: bring lightweight swim trunks or shorts (liner brief suggested).

HEAD, HANDS and FEET		
1	SUN HAT	For sun protection, either a broad-brimmed hat with chin strap or a baseball cap.
1	WINTER HAT	Make sure it covers your ears when you pull it down. Wool or synthetic only.
1	LIGHT GLOVES	For blister and sun protection. Can be light cotton work gloves or fingerless sailing, cycling or weightlifting gloves.
1-2	SOCKS	Thick: wool or synthetic only. NO COTTON.
1-2	LIGHT SOCKS	Thin synthetic socks
1	RUNNING SNEAKERS	Sturdy and supportive.
1	WET SHOES	Full-coverage, closed-toed sneakers, or ankle height or higher neoprene booties with a sneaker-like sole.

PERSONAL ITEMS		
1	INSURANCE CARD	If you have health insurance, please bring your card, or a clear photocopy of both sides of it.
1	\$25-75 CASH, OR A CREDIT/DEBIT CARD	To buy snacks during travel or to pay for lost or damaged gear. Items from the school store will be for sale at the end of your course.
1	HEADLAMP AND BATTERIES	Minimum three volts (two or more AA- or AAA-batteries). Bring one set of alkaline batteries per week of course. Many headlamp varieties offer a red-light mode for preserving night vision, which is a useful option.
1	WATER BOTTLE	32 oz. water bottle. Wide-mouth makes filling easier.
1	PACK TOWEL	A synthetic, wringable towel, also called a chamois, a sports towel or a swimmer's towel. No cotton.
1	WATCH	Make sure it's waterproof and inexpensive. Stopwatch, light, and alarm are useful functions.
1	SUNGLASSES	Bring a strap to hold them on and a hard-sided case to protect them when you're not wearing them.
2	EYEGGLASS SYSTEM (<i>if needed</i>)	Bring a hard case and a keeper strap for your glasses. Bring two pairs, or a pair of contacts and your glasses.
1	JOURNAL	Personal journal, put in a Ziploc with pen.
1	SPOON	Spoon can be metal or plastic.
1+	BANDANNAS	Useful for shading your neck from the sun, cleaning sunglasses, as pot holders, and more.
2-3	PLASTIC BAGS	Gallon-sized Ziploc®-type with a closure for keeping things dry or separating wet items
1	TOILET KIT (BASIC)	Toothbrush, small trial-size toothpaste, comb or brush. Bring dental floss too! Don't bring soap, deodorant, razor or makeup.
1	FEMININE SUPPLIES KIT (<i>women only</i>)	An ample supply. Changes in diet and activity can produce changes in cycles.
1-2	SUNSCREEN	8-oz, minimum SPF 30. Do not bring aerosol sprays.
1	LIP BALM	Minimum SPF 30
1	INSECT REPELLENT	Bring a small unbreakable container, 10-35% DEET. Do not bring aerosol sprays.
2 sets	PRESCRIPTION MEDICATIONS (<i>if needed</i>)	MUST be in original bottles or vials. The extra set is just in case the medication gets lost or damaged.
1 set	TRAVEL CLOTHES & COURSE END TOILETRIES	Clean clothes for the trip home, towel, soap and shampoo for the course end shower.
1	SARONG or large piece of fabric	A length of very light cotton or rayon (3' x 7'), preferably not white, to wrap around yourself while changing clothes. A non-fitted twin bedsheet can be used.

ADDITIONAL ITEMS: Maine One-Week Sailing (May, June and September)		
1	FLEECE VEST OR LONG-SLEEVED SHIRT	Mid-weight: can be Polartec® fleece, wool, or the equivalent weight shirt or 100- or 200-weight Polartec® vest.
1	MEDIUM WEIGHT PANTS	Mid-weight: 100- or 200-weight Polartec® or the equivalent
1	MITTENS OR GLOVES	Can be wool or fleece.
1	BALACLAVA	A hood-shaped hat that covers your head and neck. You could also bring a neck gaiter and a second hat.

OPTIONAL ITEMS (These are NOT Required. Please only buy them if you plan to use them after your course!)		
1 set	HOODED RAIN JACKET AND RAIN PANTS	Outward Bound will issue you sailing rain (“foul weather”) gear, but in light rain or spray, lightweight gear is often more comfortable. Can be Gore-Tex or coated nylon. Make sure that the seams are taped or welded so they can’t leak.
1	MEDIUM WEIGHT TOP	Mid-weight long-sleeve layer to fit over your long underwear top, and under your heavy fleece. Can be wool or synthetic fleece. For people who stay warm easily, this isn’t necessary in mid-summer. Consider bringing this item if you often find that you are sensitive to cold or damp.
1	SLEEPING PAD	Outward Bound will issue you a closed-cell foam pad for sleeping. If you prefer to bring you own, such as an inflatable type like “Therm-a-Rest” models, make sure that it is no wider than 20 inches.
1	CAMERA	<i>Your cell phone <u>CANNOT</u> be used as a camera.</i> Due to the risk of damage from weather and the expedition, we suggest you not bring a camera unless it is waterproof and durable. GoPro cameras are allowed. You will only be able to film or take photos with the instructors’ and other students’ permission.
2-3	STUFF SACKS	Made of lightweight nylon in many colors, these help to keep your clothes and gear organized.
1	FOOT POWDER	Corn starch, baby powder or Gold Bond all work. Maximum size:4oz.
1	SANDALS (Keen, Teva, Chaco, Crocs, etc.)	<i>Must have a heel strap.</i> Leather straps are not recommended. <i>Note: sandals are in addition to full-foot coverage “wet shoes” and <u>CANNOT</u> be used in place of them.</i>
1	KNIFE	Can be Swiss Army or multi-tool type. Maximum three inch blade. (You will need to check this in your luggage.)