



## 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 actually pack them for expedition, 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, and lifejacket (Personal Flotation Device). 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](http://www.hiobs.org/media/resources/Tick-Borne_Disease_Prevention_Fact_Sheet_2014-5.pdf)



**Required Clothing & Equipment List**  
**Maine Northwoods Whitewater Canoeing & Rock Climbing**

**PLEASE BRING ALL ITEMS IN THIS SECTION:** You are welcome to bring extras of the items marked with a plus (+) sign. There are multiple brand name options available at varying prices. 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 good prices 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.
2-3	SPORTS BRAS ( <i>women only</i> )	Quick-drying synthetic bras.
2-3	SYNTHETIC T-SHIRTS	Can be 50/50 blend of cotton/polyester but all synthetics dry faster. One could be a tank top.
1-2	COTTON T-SHIRTS	Nice for dry weather or for sleeping in.
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	FLEECE OR WOOL SHIRT OR VEST	Can be 100- or 200-weight Polartec or equivalent in wool or pile.
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.
1	HOODED RAIN JACKET	Can be Gore-Tex or coated nylon. Make sure that the seams are taped or welded so they can't leak.

BOTTOMS		
4-7	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	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).
1	RAIN PANTS	Can be Gore-Tex or coated nylon. Make sure that the seams are taped or welded so they can't leak.

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.
3-4	SOCKS	Thick: wool or synthetic only. NO COTTON.
2-3	LINER SOCKS	Thin synthetic socks that can be layered under thick socks for additional warmth or blister protection.
1	SNEAKERS	Sturdy running shoes.
1	WET SHOES	Full-coverage, closed-toed sneakers or neoprene booties with a sneaker-like sole.



HEAD, HANDS and FEET <i>Continued</i>		
1	RIVER SANDALS (Crocs, Keen, Teva, Chaco, etc.)	<b>Must have a heel strap. Crocs are preferred</b> because they are lightweight and do not absorb water. Leather straps are not recommended. <b>Note: sandals are in addition to full-foot coverage "wet shoes" and sneakers and CANNOT be used in place of either.</b>
1	BACKPACKING BOOTS	Mid-weight, waterproof and sturdy. See boot information.

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.
2	WATER BOTTLES	32 oz. water bottle.
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 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	EYEGLASS 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 ea	BOWL AND SPOON	Bowl can be wood or tough plastic. Spoon can be metal or plastic.
1+	BANDANNAS	Useful for shading your neck from the sun, cleaning sunglasses, as pot holders, and more.
3-4	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 or makeup.
1	FEMININE SUPPLIES KIT ( <i>women only</i> )	An ample supply. Changes in diet and activity can produce changes in cycles.
2	SUNSCREEN	8-oz, minimum SPF 30. <b>Do not bring aerosol sprays.</b>
2	LIP BALM	Minimum SPF 30
2	INSECT REPELLENT	Bring a small unbreakable container, 10-35% DEET. <b>Do not bring aerosol sprays.</b>
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.



<b>ADDITIONAL ITEMS: Backpack/Canoe (May, June or September)</b>		
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.

<b>OPTIONAL ITEMS (These are NOT Required. Please only buy them if you plan to use them after your course!)</b>		
2-3	BUG SHIRT	This can be a wind jacket with a hood that cinches, or you can bring a mesh one. The most durable models can be found at <a href="http://www.bugshirt.com">www.bugshirt.com</a> or <a href="http://www.woodscanada.com">www.woodscanada.com</a> .
1	SLEEPING PAD	Outward Bound will issue you a closed-cell foam pad for sleeping. If you prefer to bring your own, such as an inflatable type like "Therm-a-Rest" models, make sure that it is no wider than 20 inches.
1	CAMP CHAIR	Lightweight Crazy Creek®-type chair that folds flat and rolls up for storage.
1	CAMERA	<b><i>Your cell phone CANNOT be used as a camera.</i></b> 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.
1	STUFF SACKS	Made of lightweight nylon in many colors, these help to keep your clothes and gear organized.
1	ROCK CLIMBING SHOES AND GEAR	If you would like to bring your own shoes, helmet and harness to course, it will be inspected by your instructors at the beginning of the expedition. You may be required to use Outward Bound gear instead.
1	TREKKING POLES	Adjustable trekking poles or old ski poles.
1	GAITERS	Lightweight nylon boot lacing covers that extend up your calf to help keep rain, mud or gravel out of your boots.
1	FOOT POWDER	Corn starch, baby powder or Gold Bond all work. Maximum size:4oz.
1	HYDRATION SYSTEM	Camelback® or Platypus®-type water bladders instead of or in addition to water bottles. You must be able to carry a total of two liters of water.