



## Outdoor Classroom 4-Day Encampment Packing List

*It is important to have all of the items on this list for your Chewonki experience. If you have equipment questions or needs please contact your school.*

### **Clothing:**

- 4 pairs of socks (preferably 2 or more synthetic, wool, or fleece)
- 4 pairs of underwear
- 1 set of synthetic/thermal long underwear top and bottom
- 1 pair of shorts
- 2 pairs of pants
- 2 T-shirts
- 1 long-sleeved shirt
- 2 wool or fleece sweater or pullover for warmth
- 1 full zip warm jacket or outerwear
- 1 waterproof rain jacket and pants
- 1 warm winter hat (wool or synthetic preferred)
- 1 pair of mittens or gloves for warmth
- 1 brimmed hat for sun protection
- 1 pair of camp shoes (old sneakers work great!)
- 1 pair of boots (rain boots, hiking boots, etc) or second pair of sneakers
- 1 set of warm sleepwear

### **Equipment:**

- 1 large backpack with shoulder straps and a padded hip belt (all clothing and equipment should fit inside or be firmly attached to pack)
- 1 warm camping sleeping bag (or extra layers for sleeping)
- 1 sleeping pad (ThermaRest or closed-cell ensolite preferred)
- 1 flashlight or headlamp
- 1 durable water bottle
- Toilet kit- including toothbrush and toothpaste
- Small daypack or backpack
- Sunscreen (15 SPF or higher)
- Personal prescription medications (*please review medications guide*)

### Optional but Recommended Items:

- Hand sanitizer
- Small journal and pen/pencil
- Reading material
- Camera
- Sunglasses
- Insect repellent
- Extra garbage bag
- 5 or more face masks (no buffs or gaiters)

Please **DO NOT** bring electronics, or food of any kind - this means no cell phones, ipods, candy, etc!

### Packing Tips

- Remember that the days are generally comfortable, but the nights can be cool. It is important to prepare for all potential seasonal changes that can occur during Maine's spring and fall.
- Please pack with your student! That way, you know they have what they need and they know what they have with them and can be independent in making sure it all comes home.
- Camp shoes must be closed-toe and protect the foot from cuts and abrasions. Sneakers, crocs, or keen style footwear that covers most of the foot are appropriate. Sandals or flip flops of any kind are not appropriate.
- \* NOTE – Wool/Synthetic/Thermals: Polartec, Duofold, Capilene, Thermax, HotChilies, Polar Plus, polypropylene, fleece, nylon, and wool are all fabrics that work well in a wet environment as they absorb little moisture and dry quickly. These fabrics retain their insulating properties when wet while cotton does not.

### Equipment Notes

- **Sleeping bag:** put a heavy-duty plastic garbage bag inside a stuff sack, laundry bag or pillowcase. Stuff in the sleeping bag and squeeze all of the remaining air out. Twist the end of the garbage bag and tuck into the stuff sack. Do not use the trash bag as the outer layer.
- **Backpack:** put a large heavy-duty plastic garbage bag inside the main compartment of the pack. Place clothes inside the garbage bag, squeeze the air out, and twist to close.

- **Sleeping bag and sleeping pad** should be inside the pack or tied securely (with rope or bungee) to the pack before arriving at Chewonki.
- **Rain gear** and **water bottle** should be packed last and must be accessible.
- **Daypack:** Empty daypacks should be packed at the top of the backpack. Do not pack your daypack full as this will make it difficult to carry all of your gear to the campsite.

### **Obtaining Equipment**

We strongly suggest borrowing equipment from friends and family. You can rent equipment from Eastern Mountain Sports EMS (South Portland or Augusta), Maine Mountain Works, or Play It Again Sports (Portland). You can also purchase much of the clothing and equipment from LL Bean's Warehouse, Army surplus stores, Goodwill Thrift Stores, or the Salvation Army Thrift Stores. For those not coming from Maine, please consider REI and similar gear outlets.