



One Day Kayak

PERSONAL CLOTHING AND EQUIPMENT

This list has been created in order to assist you as you participate in UNE's Trailblazer Outdoor Orientation program. Plan your needs keeping the following in mind and note this clothing and equipment is in addition to the clothing for your traditional orientation session.

Weather: We will be outside, so be prepared for changing weather. Plan clothing needs around a layering system of insulating layers and an outer shell that will allow for flexibility in the face of changing weather. Be sure to bring synthetic (polypropylene, fleece or polyester) or wool items when indicated. Unlike cotton, these fabrics dry quickly and maintain warmth while wet.

CLOTHING AND OTHER PERSONAL ITEMS:

- 1 raincoat and pair of rain pants (coated waterproof nylon, gortex)
- 1 synthetic t-shirts- cotton is ok
- 1 pair of shorts / 1 quick drying bathing suit or long pants (depending on weather)
- 1 long sleeved cotton shirt for bug and sun protection (light colors are better for bugs and sun)
- 1 pair of sneakers
- 1 pair of water shoes or second pair of sneakers (closed toe)

EQUIPMENT:

- Waterproof Sunscreen (minimum SPF 30)
- Insect repellent ("DEET" free, as "DEET" melts synthetic fabrics and irritates skin)
- Sunglasses (100% UV protection is best)
- 2 plastic 1-quart water bottles
- 1 backpack to carry all personal items
- 1 small camera in a waterproof case (optional)

MEDICATIONS:

Bring medications in original containers if possible (including epi-pens and inhalers). Trip leaders will need to know if you are taking medications. Bring any over-the-counter medications you normally travel with.

DO NOT BRING:

Alcohol, illegal substances, medications that are not prescribed to you, tobacco/cigarettes, knives/weapons, laptops or portable DVD players.

→ There is no need to go out and buy new clothing for this program. If you find yourself in want of some items, however, you can find good non-cotton clothing at Goodwill, Salvation Army or LL Bean.