Sea Kayaking

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:

- 1-2 T-Shirt(S) (Preferably Synthetic)
- 1 Insulating Layer (sweater/jacket) Fleece or Wool
- 1 Base Layer Light or mid-weight synthetic long underwear shirt
- 1-2 Synthetic shorts and or hiking pants (could be a bathing suit)
- 1 Light or mid-weight synthetic long underwear bottoms
- 2-3 Sets of Under garments
- Baseball Cap (Sun protection)
- Wool or Fleece Hat (Warmth at Night)
- Gloves or Mittens (Cool Nights)
- 3-4 Synthetic Pairs of Wool or Fleece Socks
- 1 Camp Shoes/Sandals (closed toe)

EQUIPMENT:

- Mess Kit (Bowl, Knife, Fork, and Spoon) Tupperware works great!
- 2 Water Bottles should hold about 2 quarts
- Head Lamp or Small Flashlight
- Personal Hygiene Items (Toothbrush, Toothpaste, hand sanitizer, feminine products, biodegradable soap, etc.
- Contractor Trash Bags and an assortment of Ziplock bags to keep gear dry and organized.
- Glasses/Contact Lenses
- Sunscreen and lip balm
- Sleeping bag
- Sleeping pad

OPTIONAL:

- Sunglasses
- Bug Repellent
- Camera

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.