Hurricane Island
Center for Science and Leadership

Clothing & Equipment List

Weather conditions in Maine can be unpredictable and frequent changes in the weather are common. Even when the weather forecast predicts warm temperatures, conditions can become chilly at night. In addition, activities will take place in a variety of different outdoor environments on or around the island. This packing list helps us make sure you are ready for all weather-related circumstances. *Note: Cotton is not a good insulating layer and once it is wet it no longer will keep you warm. Synthetic material and wool will keep you warm even when wet.*

There will not be an opportunity to do laundry during the program, so make sure you bring enough changes of clothing but **also bring only what you need**.

Please aim to pack only 1 reasonably sized duffel bag, multi-day backpack, or suitcase, and **keep in mind that your student will need to be able to carry their luggage over uneven terrain and load it on and off a boat.** Feel free to bring a small backpack or day-pack with you to carry things you will use on a daily basis on the island.

All of these items are suggestions. Some items are also season dependent. If you have any questions about the following list, please feel free to contact us. If you do not have any of these items readily available to you please let us know as **we may be able to provide some of them for you**.

OUTERWEAR:
Program activities take place rain or shine, so we want you to be prepared, comfortable, warm, and safe in all conditions.

- □ **Rain Jacket**
- □ **Rain Pants**
- □ **Wind Layer/Jacket**: This can be the same as your rain jacket or a separate layer that isn't waterproof but will still protect you from the wind
- □ **Warm Fleece or Wool Sweater**: Make sure you bring at least one warm layer for the cooler days and evenings.
- □ **Sun Hat**
- □ **Fleece or Wool Hat**: Even in the summer, it can be chilly.

TOPS:
- □ **T-shirts**: Cotton t-shirts are ok to bring, but you may want to bring at least one synthetic (nylon or polypropylene) t-shirt as well.

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- **Underlayer Top**: Please make sure this is synthetic/polypropylene.
- **Long Sleeve Shirts**: These can be cotton or synthetic.

BOTTOMS:

- **Underlayer Bottom**: Should be synthetic or polypropylene.
- **Underwear**: Bring enough for the entire duration of your program.
- **Pants**: At least one pair of durable pants you don't mind getting a little dirty.
- **Shorts**: These can be cotton or synthetic material.
- **Swimwear**

FOOTWEAR

Depending on the program activity, staff may ask you to wear certain types of footwear for safety and mobility reasons.

- **Socks**: Bring enough for the entire duration of your program. Synthetic socks are preferable. Please bring at least 1 pair of thick, warm socks.
- **Footwear that can get wet** such as water shoes and/or rain boots (not flip-flops or shower-shoes) for tidepooling or wet days. Hurricane Island has rain boots available for borrowing, if needed.
- **Sneakers or Hiking Shoes**
- **Shower-Shoes** such as flip-flops or Crocs

BEDDING

The following is a list of **necessary** bedding. We provide a bed frame and mattress in our facilities.

- **1 Sleeping bag**: It is essential to bring a sleeping bag rated to at least 40˚F.
- **1 Pillow with pillowcase**

OTHER ITEMS

- **Headlamp or flashlight**: Headlamps are preferable for hands-free operation as many buildings do not have lighting and the island is dark at night.
- **Water bottle**
- **Towel**: Synthetic pack towels are preferable and will dry quicker than cotton.
- **Watch**: Plan to wear it every day. Please do not bring smartwatches.
- **Camera** (optional): Please bring extra batteries or come with the battery fully charged. Please **DO NOT** bring your cell phone and do not plan to use your phone as your camera during your program.
- **Sunglasses** (optional)

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TOILETRIES/PERSONAL NEEDS

- ☐ **Sunscreen**
- ☐ **Toothbrush and Toothpaste**
- ☐ **Soap, Shampoo, Conditioner** (if possible, biodegradable camping products)
- ☐ **Glasses/Contacts:** Please bring a second pair of glasses or extra contacts in case of loss or damage.
- ☐ **Personal Medications:** Only bring medications that have been prescribed to you.
- ☐ **Insect Repellent:** The most effective kind contains DEET, for protection against insects, ticks, etc.
- ☐ **Menstruation Supplies**
- ☐ **Earplugs & sleep mask** (optional): These can be handy for light sleepers.

We promote a culture on Hurricane Island that is conducive to a healthy learning environment. Some of the many benefits of living on an island is the opportunity to disconnect for a little while and enjoy a safe, welcoming community. This is why we ask that you DO NOT bring the items listed below with you during your program.

Please **Do Not** Bring the Following:

- ☐ Electronic devices including (but not limited to):
  - Cell phones
  - Electronic gaming, reading, or music devices
  - Computers/Laptops/iPads or similar handheld or laptop screen devices
  - Smartwatches
- ☐ Weapons of any kind including (but not limited to)
  - Knives or similar exposed, sharp objects (we will provide knives if needed for particular activities)
  - Firearms or other explosives
  - Brass knuckles or other hand-to-hand combat items
- ☐ Any item that starts a fire or is used specifically for a fire accelerant

If our staff finds any of these items we will keep the item(s) secured in our office for you for the remainder of your program. Staff will return the item to an adult once we return to the mainland on the last day of your program.

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Island Facilities & Resources

Electricity

The island runs primarily on renewable solar energy. We have one central solar array supplying power to the dormitory rooms, classroom, workshop, and kitchen area. Microgrids provide power for our water systems and shower house facilities. Please recognize our limited capacity for power generation and be conscious of your water and electricity consumption by limiting the use of these systems whenever possible.

Showers

Showers are available, but as with all our other facilities and systems we must remain conscious of our resource use. Water, electricity, and on occasion propane are required to produce hot water. Water and electricity are both provided through solar power/photovoltaic panels, but are limited by the daily sunlight we receive and our battery bank used to store the electricity. We ask that you limit the time the water is running to 5 minutes and plan to shower every other day. We will teach you about these systems while you are on Hurricane and help you remain aware of how to limit your resource use.

Bathrooms

All of the bathroom facilities on Hurricane Island are composting toilets. There are several bathroom facilities located close to the various housing facilities on the island. There is a larger composting toilet facility close to our classroom lab. Our staff will instruct participants in the use of these systems upon your arrival to the island.

Lodging

Our housing facilities consist of small cabins, large wall tents on platforms, and shared dormitory rooms. Each of these options provide beds and mattresses, but does not include bedding. Please bring a sleeping bag, pillow, and a twin fitted sheet (optional). Each participant should bring a headlamp or flashlight for use while traveling on the island after dark.

Meals

Our standard mealtimes are 0800, 1230, and 1800. These may be modified to accommodate the specific needs of a program. All participants, adults and students alike, will be asked to help in cleanup after meals and at times may help in the preparation of meals. **Please let us know if you or any program participants have dietary**

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restrictions or food allergies so that we can adequately prepare and, in the case of allergies, help ensure your safety.

Safety and Emergency Information

Safety is a primary concern on Hurricane Island and is at the forefront of all of our decision-making. Upon arrival to the island, participants will immediately be briefed on all safety policies and procedures.

We have a strong network of resources and support for handling a medical emergency. Although we do not have a formal medical center on Hurricane, we do have staff trained as Wilderness First Responders through Wilderness Medical Associates. In the case of an Emergency, we have access to medical services on Vinalhaven Island and on the mainland in Rockland at the following locations:

Vinalhaven Community Health Center
15 Medical Center Loop
Vinalhaven, Maine 04863-4119
(207) 863 4341

MaineHealth Pen Bay Hospital
6 Glen Cove Dr.
Rockland, ME 04856
(207) 301 8000

We do have a separate First Aid room provided for general first aid practices as well as privacy if a participant gets sick during programming. For school programs, a chaperone or teacher from your group will be in charge of dispensing prescribed medications to students. For summer science programs, a trained staff member will be in charge of dispensing medications to students.

If someone needs to get in touch with a student during your program due to an emergency, the Hurricane Island phone number is **207-390-5253.**

This phone line is reserved for emergencies only.