



Maine Coast Sea Kayak Packing List

Please read the entire list very carefully. You must have all of your equipment before you arrive at Chewonki with the exception of items in the "equipment" category that are available to borrow from Chewonki. All clothing and gear must be well marked with the participant's name. We look forward to working with you to ensure a stress-free packing experience. We recommend you shop at a local outfitter to ensure fit. Examples are provided as a reference.

Check out our [camp store](#) for all your Chewonki logo'd gear. You are encouraged to order early.

Upper Body Layers		
Equipment	Quantity	Comments
Base layer	1	Long underwear top - wool or synthetic
Middle layer	1	Fleece pull-over or wool sweater
Top layer	1	Thicker fleece jacket or "puffy" jacket
Rain Jacket (should fit over all other top layers)	1	A sturdy waterproof jacket with a hood. Both coated nylon and breathable fabrics are acceptable. (e.g. Gore-Tex, Patagonia H2No, Marmot Precip,, L.L. Bean TEK)
T-shirts Chewonki shirts are not required	2	lightweight - synthetic or wool Optional: Logo shirts may be purchased through the camp store
Sun shirt	1	Synthetic long-sleeved shirt to protect from the sun

Lower Body Layers		
Equipment	Quantity	Comments
Base layer	1	Long underwear bottom - wool or synthetic
Hiking pants (should fit over base layer)	1	Synthetic pants to protect from the sun and cold (e.g. L.L. Bean Cresta Pants, Patagonia Quandry Pants, NOLS Windpants)
Shorts	1	Synthetic shorts- hiking or athletic style
Underwear / Sports Bra	5-7	5-7 pair underwear 2-3 sports bras
Rain pants	1	Good waterproof quality

Footwear		
Equipment	Quantity	Comments
Wet shoes	1	Old sneakers, neoprene booties with soles, or Keens. Must securely stay on foot and have a closed toe
Camp shoes	1	Warm and comfy for around camp Must be sneakers or boots
Wool socks	4-5 pairs	Crew length wool socks. (e.g. Smartwool, Darn Tough)

Head and Hand Layers		
Equipment	Quantity	Comments
Sun hat	1	Baseball style or full-brimmed
Warm hat	1	
Bug net	1	"No See Um" Proof (e.g. Sea to Summit Head Net, Ben's InvisiNet)
Gloves	1	Lightweight liner gloves

Equipment		
Equipment	Quantity	Comments

Toiletries and Miscellaneous		
Equipment	Quantity	Comments

Small stuff sacks	2-4	For organizing personal items. Ziploc bags are ideal
Sleeping bag*	1	Synthetic three-season bag (15-35°F)
Compression sack**	1	Compressible sack for sleeping bag
Sleeping pad*	1	Closed-cell or inflatable sleeping pad (e.g. Thermarest, Ridgerest)
Water bottle	2	1 Liter water bottles - must be durable (e.g. Nalgene, Camelbak, KleenKanteen)
Head lamp	1	Head lamp is ideal. A small flashlight will suffice. Don't forget spare batteries.
Day Bag*	1	Small Day Bag (<20 Liters) Dry Bag style
* May borrow from Chewonki ** Compression sack included with sleeping bag if borrowing from Chewonki		

Toothbrush + Toothpaste	1	Travel or trial sizes are enough.
Soap	1	If used during trip it must be biodegradable. 3 oz size is perfect
Sunscreen	1	Spill proof container - no aerosol cans
Bug repellent	1	Spill proof container - no aerosol cans. Type is your preference.
Miscellaneous toiletries		Tampons/Pads, hand cream, chapstick, etc. Scent-free
Sunglasses	1	100% ultra-violet light block w/ neck strap
Prescription eyeglasses	1	Must bring a neck strap "croakie"
Swimsuit	1	Can use short and/or sports bra combination
Prescription medication		Remember to bring any prescriptions or medication to the Health Center upon arrival.

Optional Items		
Equipment	Quantity	Comments
Camera	1	Bring in a waterproof container w/ spare batteries. You will NOT have an opportunity to recharge on a trip.
Personal journal	1	
Knife	1	Pocket knife with locking blade or small sheath knife
Books	1-3	Paperback books to enjoy
Sandals	1	Crocs or other sandals to air feet out. Do not replace the need for "Dry Shoes"
Small towel	1	Small face or hand towel
Watch	1	Simple digital watch with alarm
Binoculars, Sunglasses, Crazy Creek Chair , Letter writing supplies, Fishing equipment and license, ect		

Notes	
<p>NOTE: If you choose to bring a camera or other expensive equipment, you must be prepared for the possibility that they will be lost or damaged.</p> <p><u>DO NOT BRING:</u></p> <ul style="list-style-type: none"> -Electronics of any kind - Cell Phones, Ipods, etc -Food: Candy, gum or any type of food <p>If you need any of these items for travel before and after the trip, they will be collected the day you arrive and stored in a locked safe until the day you depart.</p> <p>What is Layering? Layering our clothing is combining multiple garments to achieve insulation and protection from wind and rain. Layers should be either synthetic or wool fibers, which insulate when wet. Avoid cotton, which is a poor insulator when wet. All must fit comfortably over each other so that they can be worn at the same time.</p> <p>Please feel free to contact the Outdoor Programs team with any questions concerning the preparation and packing for your child's trip!</p>	

After-Trip Items		
Equipment	Quantity	Comments
Shower towel	1	Full sized bath towel is ideal
Shower toiletries		Travel size- shampoo, conditioner, face wash, body wash, lotion, etc.

Clean clothes	1-2 sets	For after showering
When you return to campus from your trip you will be able to take a shower. Having these items set aside for your shower is helpful to be comfortable. You will be able to leave these items in a safe spot on campus during your trip.		