



OceansWide Camp Packing list

GENERAL CLOTHING

The weather can change quickly in Maine and the ocean temperatures will range from the low 60s to the low 50s. Mornings and evenings air temperatures can also be cool, so we encourage you to pack clothing you can layer. We also recommend that you limit the amount of cotton clothing you pack, as it takes a long time to dry and doesn't really keep you warm. Cotton clothing may be suitable for wear after the day's activities.

Keep in mind that you will not be accessing laundry facilities, so you will need to bring two weeks' worth of clothing with you.

- Lightweight Raincoat
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- Windbreaker
- 2 Fleece Jackets or Wool Sweaters
- Wool or Warm Synthetic Socks: 4 pairs
- Hiking or Sport Socks: 1 pair for each day, plus 1 extra pair
- Cotton Socks: 4 pairs
- Underwear: 1 pair for each day, plus 1 extra pair
- T-shirts: 1 for each day
- 5 Long-sleeved

T-shirts

- Long Pants: 6 pairs. Lightweight, durable and quick-drying pants, such as hiking or trekking pants, are preferred
- Long Jeans: 2 pairs
- Shorts: 4 pairs. All shorts should have an inseam of at least 4 inches
 - 2 Swimsuits: For boys, we strongly recommend swimwear that ties at the waist; for girls, a one piece bathing suit
 - Pajamas: 2 sets. We recommend you bring one pair of sweatpants or flannel/fleece pajama pants
 - Fitted Wool or Fleece Hat
 - Baseball Hat or Wide-Brimmed Sun Hat

* All clothing should adhere to School dress guidelines, be in good repair and not reveal the midriff or underwear*

SHOES

Comfortable footwear is a must for our Maine experience. We strongly recommend that you pack shoes that are already broken in, and that you don't mind getting dirty. Waterproof shoes are ideal.

- Sneakers: 1 pair with sturdy soles
- Hiking Boots/Shoes: 1 pair with good tread
- Water Shoes: 1 pair with a closed-toe
- Flip-Flops: 1 pair, **for showers, bunk house**

PERSONAL ITEMS

- 2 large towels: 1 to be used to dry off at dive sites and one for showering at the inn**
- Day Pack/Backpack: It needs to be big enough to carry a water bottle, a packed lunch, a raincoat, a journal and any other gear (such as binoculars or your camera) that you might need for the day's activity
- Toiletries: You won't be able to purchase toiletry items at Schoodic, so make sure you pack enough for two weeks
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- Toothbrush/toothpaste
- Shampoo, conditioner, soap/body wash and face wash

- Travel-sized Kleenex
 - Girls should bring necessary feminine protection
 - Shower Caddy
 - Glasses and/or Contacts: Bring an extra pair if you wear glasses. We also strongly encourage bringing a strap to help keep glasses on your head while hiking and boating. If you wear contact lenses, bring an extra pair and extra solution
 - Sunblock: SPF 30 or higher
 - Lip Balm: containing SPF is preferred
 - Bug Spray
 - Laundry Bag
 - Dry Bag: A small nylon or ziploc bag that will keep important items (such as cameras) dry inside your backpack
 - Water Bottles: 2 plastic or metal bottles, such as a Nalgene, that hold 1 quart of water. Glass bottles are not permitted
 - Prescription and Over-the-Counter Medications: please include any printed information on side effects and contraindications. **Note: Medications will be collected in advance**
 - Journal and Pens/Pencils: Waterproof journals, such as Rite in the Rain, are recommended
 - Watch: An inexpensive, waterproof one with an alarm function is ideal. Make sure the alarm is loud enough to wake you!
 - Flashlight or Headlamp: A flashlight or a hands-free headlamp will be important for night hikes. Consider packing an extra set of batteries as well
 - Sunglasses

OPTIONAL ITEMS

- Spending Money: We recommend bringing no more than \$40
- Binoculars
- Point and Shoot Camera: You won't be able to use a cell phone cameras during certain parts of the

day, so if you want to take photos, this is a great option. Make sure to pack a charger, battery charger or spare batteries, an extra memory card and a camera strap to go around your wrist or neck

□ Cell Phone: Are permitted only at specific times throughout the camp. We encourage you to take pictures and share them but if it becomes a distraction OceansWide reserves the right ask that they be put away for the duration of the camp.

ITEMS TO LEAVE AT HOME

- Spaghetti-Strapped Tops
- Food: Including candy. Keeping food in bunks can invite unwanted animal visitors, so food is not allowed in the dorm. Our kitchens will provide snacks throughout the day
- Linens: All bedding and shower towels will be provided
- Pocket Knives or Any Object That Can Be Considered a Weapon
- Electronics: Including handheld game systems, iPods, iPads, and laptops
- Sports Equipment: All sporting and fishing equipment will be provided by OceansWide
- Perfume and/or Perfumed Lotions

→ Remember that you are responsible for carrying your own gear, so please pack only what you can carry. We suggest duffle bags, backpacks, or dry bags to hold your belongings.

→ ****PLEASE LIMIT YOUR COTTON CLOTHING!** Cotton/jeans take a very long time to dry and does not retain its warming properties when wet. Polyester, synthetics, nylon, fleece, and wool are all great options. Students can bring cotton clothing to change into at the end of the day.**

→ 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.



Additions for Scuba Camp

- Mask
- Scuba Fins: ones that you wear with wetsuit boots
- Snorkel: with mask mount attachment
- 7mm hood
- 7mm gloves
- 7mm boots
- A 7mm wetsuit is also highly recommended due to the fact that all suits fit each person differently.