

## Wavus Maine Trails Trippers: Equipment

(Ages 15 to 16 – last Wavus trip before Kieve West)

If you will be going on the Maine Trails trip a combination sea kayaking/backpacking trip, since you will be on the ocean or in the mountains for three weeks, proper equipment is **essential** for your **comfort** and **safety**. To take the major expense and guesswork out of your hands, WE will provide an excellent backpack for the mountain portion of the trip (but you're welcome to bring your own) and "dry bags" for your stuff in the kayaks. You will NOT need a waterproof river duffel or any other bag or pack to carry your belongings on the trip. You also will NOT need sheets and blankets since you will be in camp for only a few nights.

### Equipment YOU should bring

Although the following items are included on the general clothing and equipment list, I want to emphasize a few things.

- Good pair of hiking boots which should be **broken in** prior to coming up this summer. You may want to shop locally to be sure they fit well.
- Good sleeping bag—preferably **NOT goose down**—should roll or stuff as small as possible (around 20 degree rating). Therm-a-rest Pad
- Good rain gear (**NO ponchos!**)
- Two warm layers like a polar fleece pullover, wool sweater, or lightweight jacket—it can be cold on the ocean and in the mountains!
- Several pairs of good hiking socks (ex: Smart Wool socks)
- Synthetic fiber long underwear
- Warm hat and sun hat
- Windpants and windbreaker
- Warm **non-cotton** pants: fleece, wool, synthetic (ex: warm up pants)
- Sunglasses
- Water bottles or hydration system: (ex: CamelBak)
- Headlamp with extra batteries
- Life vest (Kieve will loan you one, however it may not fit as well as your own)
- Crazy Creek (Optional – available at camp store with parental permission)

Dark Brown



All of these items are available at Amerasport, [www.amerasport.com](http://www.amerasport.com), L.L. Bean's, [www.llbean.com](http://www.llbean.com), or at reputable sporting goods stores near you.

**Please** contact us if you have any questions or concerns. It is vital that you have the proper equipment to be **warm, dry, and comfortable** in the wilderness. Many adventures lie ahead, and we can't wait to see you!

