

Chewonki Foundation Wiscasset, Maine 04578 (207) 882-7323
www.chewonki.org

Chewonki Foundation Equipment List 2-3 Day Residential Program

- 1 Backpack with Padded Hip Belt (All clothing Sleeping Bag, Should Fit Inside or Attach To Pack)
- 1 Sleeping Bag (If your bag is not good below 40°F, bring an extra blanket)
- 1 Sleeping Pad (ThermaRest or closed-cell ensolite is preferred)
- 1 1-liter plastic water bottle
- 2 Pair of wool socks (at least 2 of which must be heavy wool, or wool substitute)
- 1 Pair of pants (Chino type is preferred - NO BLUE JEANS)
- 1 Set Synthetic/Thermal* long underwear top and bottom (Essential)
- 2 Sets regular underwear
- 1 Wool or Fleece Sweater or Pullover for warmth (Sweatshirts are not acceptable)
- 1 Heavy warm Jacket
- 1 Waterproof Rain Jacket and Pants (No Ponchos!)
- 1 Windbreaker
- 1 Warm Winter Hat - wool or synthetic
- 1 Pair Wool or Synthetic Mittens
- 1 Pair of *waterproof* Boots (LL Bean style, rubber boot, hiking or work boots)
- 1 Pair old sneakers
- 2 T-shirts
- 2 Pair shorts
- 1 sweat shirt and pants or extra set of long underwear to sleep in
- 1 Long-sleeve shirts - 1 wool or wool substitute
- 1 Toilet kit including toothpaste and toothbrush
- Small Day pack or book bag
- Sunscreen (SPF 15 or higher)
- Chapstick (SPF 15 or higher)
- Personal Prescription Medications

Optional but recommended items

- Small Journal and Pen or Pencil
- Reading Material
- Camera and Film
- Sunglasses and brimmed hat for sun protection
- Insect repellent (May, June, August, September)
- Extra garbage bags

***Note - Wool substitutes: Fleece Synthetic/Thermals:** Names like *synchilla*, *capilene*, *pile*, *bunting*, *thermax*, *polar plus*, and *polypropelene* are all synthetic fabrics that work well in cold wet environments as they absorb little moisture and dry quickly. Please include the required thermals.

**PLEASE DO NOT BRING RADIOS, WALKMEN, DISC PLAYERS, CELL PHONES OR
EXTRA FOOD/ CANDY.**

PLEASE TURN OVER - THERE ARE ADDITIONAL DETAILS ON THE BACK

HOW TO PACK

- To pack sleeping bag: Put a heavy-duty (3 mil) plastic garbage bag inside a stuff sack, laundry bag or pillow case. Stuff in the sleeping bag and squeeze all of the remaining air out. Twist the end of the garbage bag and tuck into the stuff sack.
- To pack the backpack: Put a large heavy-duty (3 mil) plastic garbage bag inside the main compartment of the pack. Place clothes inside the garbage bag, squeeze air out and twist bag to close.
- Sleeping bag and sleeping pad should be tied securely to the pack before arriving at Chewonki.
- Rain suit and water bottle should be packed last, and be accessible.

IMPORTANT NOTE!

The importance of a sturdy waterproof raincoat and rain-pants cannot be over emphasized. They are the most important pieces of clothing on a camping trip. If you do not already own good rain gear - it should be possible to borrow it. Please do not bring Ponchos, they will not keep your legs dry and can be hazardous in some of the activities.

Additional Equipment Notes

Remember that the days are generally comfortable but nights can be cool. Below are some suggestions to help you with equipment preparation.

- When wet, blue-jeans are hard to dry, and they rob the body of heat. Rugged chino work pants are recommended. A cotton/polyester blend is good - lightweight wool pants are better still.
- It is important to have something to sleep on. We recommend a closed-cell ensolite pad or ThermaRest[®] air mattress.
- With the increased awareness of the danger of long term sun exposure, please include the recommended sunscreen. Minimum SPF should be 15.
- For April, October and November programs please include mittens and wool winter hat.

There is absolutely no need to purchase all of the required equipment. Please try to borrow or rent. In Maine, Eastern Mountain Sports (EMS) in South Portland (772 3776) or Augusta (623 2712) rents equipment. You may get quality used gear from Maine Mountain Works (879 1410 or online at www.gearmeup.com) or at a Play It Again Sports store. In Southern New England, EMS has many locations, and you should also be able to rent from Recreational Equipment Inc. in Reading, MA and Wilderness House, Boston. The last resort is to purchase clothing and equipment from LL Bean's Warehouse, from army surplus stores or Goodwill thrift stores.