

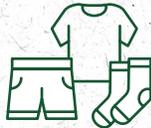
MAINE TRAILS PACKING LIST

MAINE TRAILS CAMPERS ONLY

GEAR: Backpacks and all group gear, including tents, are provided by KWE for Maine Trails campers.

A NOTE ON MATERIAL: It's crucial that campers have non-cotton clothing, especially for their wilderness trip. Cotton pulls heat away from the body when wet and will not keep your camper warm. Please ensure that your camper has mostly tops and bottoms (long and short) that are synthetic/quick-dry/poly-blend/wool. Please reach out to joy@kwe.org at Wavus or emmaline@kwe.org at Kieve if you need any assistance!

Clothing



- 6-8 pairs of synthetic/poly blend underwear
- 4 synthetic/poly blend sports bras, if applicable
- 2 pairs of synthetic/poly blend shorts - Patagonia Baggies are a favorite
- 6 synthetic/poly blend short sleeve T-shirts - two shirts will go out on each leg of the trip
- 2 synthetic/poly blend long sleeve base layer tops
- 2 mid-layers - long sleeve fleece and/or synthetic down
- Sock liners - liners with toe slots are recommended
- 6-8 pairs wool/synthetic hiking socks
- Swimsuit

Wilderness Trip Essentials



- Sleeping bag - synthetic, 30-degree rating with stuff sack is preferred
- Sleeping pad - the smaller it packs, the better (it can be foldable or inflatable)
- Headlamp with extra batteries
- Large quick dry towel
- 2 1-liter Nalgene-type, screw-top closure water bottles
- CamelBak style hydration system (not required)
- Mess kit
- Multi-tool pocket knife (not required)

Outerwear and Footwear



- Baseball cap or brimmed hat
- Warm-fleece/wool/synthetic hat
- Waterproof rain jacket
- Waterproof rain pants
- Fleece pants
- Pair of hiking boots - we highly recommend purchasing boots in a store so that your camper can try the boots on before purchasing. Boots must be broken in before arriving at camp. This will help prevent blisters on the trail, which can be crippling and lead to evacuation.
- Pair of campsite shoes - Crocs are recommended
- Water shoes - Chacos/Texas/Keens (Crocs are not water shoes)

Toiletries



- Toothbrush and toothpaste
- Biodegradable Soap
- Shampoo and conditioner
- Lip balm w/SPF
- Sunscreen
- Insect repellent
- Pads/tampons (if applicable)
- Nail clippers

Accessories



- Small stuff sacks
- Hiking poles (optional but suggested)
- Buff
- Mosquito head net
- Stationery and stamps
- Summer reading
- 2 bandanas