**Personal Gear List**

You are responsible for providing these items. Unity College maintains an equipment room that can provide students with select items on a first-come, first-serve basis. Items available for borrowing are noted under the "Equipment" section. Please let us know as soon as possible if you are having difficulty obtaining any of the items on the packing list.

### Upper Body Layers

- Upper Layer - Light or mid-weight polypropylene long underwear shirt NON COTTON
- Insulating Layer - Fleece or wool sweater
- T-shirts 2-4 Quantity dependent upon preference. NON COTTON IS PREFERED
- Rain Layer - Durable nylon water-resistant shell

### Lower Body Layers

- Bottom Layer - light or mid-weight polypropylene long underwear NON COTTON
- Outer Layer 2-3 pants and/or shorts depending on preference NON COTTON
- Jeans and Carharts – for Alternative Trips
- Rain Layer - durable nylon water-resistant shell
- Swimsuit - shorts can double as swimwear
- Briefs/Sports Bras 3-4 Quantity dependent upon preference. Avoid cotton if possible

### Head & Hands

- Hat with visor
- Wool or fleece hat, gloves or mittens (It can get very cold in Maine at night)
- Bandanas
- Sunglasses w/retainer

### Feet

- Camp shoes (sneakers or boots)
- Old sneakers or closed toe sandals for water (Keens work great) – for Canoe/Kayaking Trips
- Hiking Boots – for Backpacking Trips
- Synthetic or wool socks 3 pair Smartwool, etc quantity dependent upon preference
- Synthetic liner socks - 2 pair

### Personal Necessities

- Bowl, cup and Spoon- Easy to wipe clean sporks are useful
- Water Bottle 32 oz capacity each (Two)
- Pocket Knife
- Head lamp or Small Flashlight - Bring spare batteries
- Personal Hygiene: toothbrush and toothpaste, hand sanitizer, tampons/feminine hygiene pads
- Towel small, lightweight chamois or synthetic are easiest to pack NON COTTON
- Glasses/Contact Lens and bring spare pair
- Sunscreen and Lip Balm Sun protection
- Trash Bags Heavy duty contractor bags (Two)
- Day Pack - for Alternative Trips

### Equipment

- Sleeping Bag & Stuff Sack
- Sleeping Pad
- Backpack – for Backpacking Trips
- Small Dry bags - for Canoe/Kayak Trips (The OAC has very large dry bags for each individual to use)

### Optional

- Small Amount of Cash ($10 or so) for coffee or treats.
- Camera
- Fishing pole and gear – (Maine fishing license is required as well) – for Canoe/Kayaking Trips

### ITEMS TO LEAVE AT UNITY COLLEGE

Please leave all electronics including cell phones, iPods, portable gaming systems, etc. Also do not bring shampoo, conditioner, or camp soap. Nova leaders will instruct participants in Leave No Trace methods of personal hygiene. Please leave any other personal items of substantial value that have the potential to get destroyed or lost in the wilderness or present an opportunity for theft if left in college vehicles.

We have a strict drug and alcohol policy on all Nova trips. Students who bring these items or make use of them will be asked to leave the course without an opportunity to complete the trip. Also, a discussion will need to take place with the Dean of Students and Chief of Students Success.