

University of Maine Sea-to-Sky Student Packing List

*gray bolded items with asterisk can be provided by UMaine Sea-to-Sky program if needed

CLOTHES (no cotton)			
	number	notes	
<input type="checkbox"/>		short-sleeve top	2 short sleeves are better than tank tops with backpack straps
<input type="checkbox"/>		shorts	1-2
<input type="checkbox"/>		light long-sleeve shirt	1
<input type="checkbox"/>		lightweight insulation top	1-2 lighter fleece or heavier long underwear top
<input type="checkbox"/>		midweight insulation top	1 your average fleece
<input type="checkbox"/>		long underwear bottoms	1-2 nice to have a couple different weights, esp if you run cold
<input type="checkbox"/>		underwear	6
<input type="checkbox"/>		sports bras	3
<input type="checkbox"/>		softshell hiking pants	make sure these are softshell and not light hiking pants. Lightweight hiking pants won't be enough in the snow
<input type="checkbox"/>		synthetic puffy	your average puffy jacket you'd wear around campus in the winter. Unlike down, synthetic can handle getting damp
<input type="checkbox"/>		rain jacket	1
<input type="checkbox"/>		rain pants	1
<input type="checkbox"/>		windbreaker	1
<input type="checkbox"/>		puffy pants*	1
<input type="checkbox"/>		big puffy*	1 expedition weight (BIG)
<input type="checkbox"/>		ski/hiking socks	6 nice high socks that extend past tall boots. Socks get gross... nice to have extras
<input type="checkbox"/>		brimmed hat	1
<input type="checkbox"/>		warm hat	1 cover those ears!
<input type="checkbox"/>		liner gloves	2
<input type="checkbox"/>		midweight fleece/wool gloves	I personally bring 3-4 midweight gloves/mitts of varying weights so I am guaranteed to have something dry. But no one else I know seems to pack as many gloves as me....
<input type="checkbox"/>		waterproof overmitts/gloves*	1
<input type="checkbox"/>		lightweight leather work gloves	1
<input type="checkbox"/>		warm gloves/mittens	1 BIG ones
<input type="checkbox"/>		neck gaiter/buff	1
<input type="checkbox"/>		hiking boots	1 above-the-ankle
<input type="checkbox"/>		trail runners (opt.)	1 can be nice to run around town or for more leisurely hikes
<input type="checkbox"/>		camp shoes (e.g. crocs)	1 slip on shoes for around the dorms/town/etc.
<input type="checkbox"/>		hut booties	down booties or slippers for Divide camp indoor spaces (crocs + layered thick wool socks would work here)
<input type="checkbox"/>		street clothes	1
<input type="checkbox"/>		sleeping clothes	1 don't forget clean sleeping socks!
<input type="checkbox"/>		glacier glasses*	1
<input type="checkbox"/>		regular sunglasses	1 nothin' fancy
EQUIPMENT			
	number	notes	
<input type="checkbox"/>		backpack (30-40 L)*	1
<input type="checkbox"/>		ski/trekking poles*	1 cheap ones are great
<input type="checkbox"/>		big dry bag or water-resistant duffel (≥80 L)*	to transport items to/from glacier camp. Will likely sit out on the snow/in wet weather
<input type="checkbox"/>		mountaineering harness*	
<input type="checkbox"/>		helmet*	
<input type="checkbox"/>		hand/toe warmers (opt.)	might be worth bringing a stash if you run cold/don't circulate blood well
TOILETRIES			
	number	notes	
<input type="checkbox"/>		sunscreen	1-2 sticks are nice for on-the-go application, and sub-freezing temps
<input type="checkbox"/>		toothbrush	1
<input type="checkbox"/>		toothpaste	1
<input type="checkbox"/>		hairbrush	1
<input type="checkbox"/>		lip balm	2-4 I like one in every bag! Great for chapped/cracked skin in addition to lips

- menstrual care
- medications
- other relevant toiletries

CAMP		
	number	notes
<input type="checkbox"/>	water bottle	have at least 2L total water storage capacity
<input type="checkbox"/>	baby nalg (opt.)	super handy- can clip to a backpack or harness, really versatile
<input type="checkbox"/>	thermos/hot drink bottle (opt.)	if you run cold...
<input type="checkbox"/>	tupperware	something with a lid
<input type="checkbox"/>	spork	
<input type="checkbox"/>	sleeping bag (rated for 20°F or below)*	

ELECTRONICS		
	number	notes
<input type="checkbox"/>	phone charger	
<input type="checkbox"/>	laptop	
<input type="checkbox"/>	laptop charger	
<input type="checkbox"/>	headphones	
<input type="checkbox"/>	flash drive	
<input type="checkbox"/>	headlamp	
<input type="checkbox"/>	watch	
<input type="checkbox"/>	extra batteries	
<input type="checkbox"/>	bag o' cables	chargers for everything else!

MISC		
	number	notes
<input type="checkbox"/>	travel snacks	
<input type="checkbox"/>	pencils/pens	2-4
<input type="checkbox"/>	sharpies	2
<input type="checkbox"/>	books	field work often has lots of waiting time
<input type="checkbox"/>	multitool (opt.)	