



Gear List

We would like you to be prepared with gear that will keep you safe and comfortable on your adventure. All items on the list are important and should be brought to the program. *Please let us know in advance if you cannot provide some of these items – we have a limited amount of equipment and clothing to loan out.*

Please Bring:

- 1 Warm Wool Sweater or Polar Fleece
- 1 Warm Hat, Wool or Fleece
- 1 Nylon or Synthetic Swim Trunks or Bathing Suit (Quick Drying)
- 1-2 long sleeve shirts (preferably non-cotton)
- 1-2 Pairs of Pants (at least 1 pair that is Nylon or Synthetic)
- 3-4 Pairs of Socks (Synthetic, Wool, or Smartwool)
- 1-2 Pairs of Comfortable Shorts
- 1-2 Short sleeve shirts
- Extra underwear
- Sleeping attire
- Rain Gear - jacket and pants
- Mid-weight jacket
- 2 Water Bottles (any clean, recycled soda bottle would work)
- Sunscreen (sunlight reflects off the water - use SPF 30 or higher!)
- Sunglasses with strap
- Baseball Hat or Sun Hat
- Water Shoes – close toed shoes only, please (Crocs work fine)
- 1 pair of comfortable shoes for around the island – close toed shoes only, please
- Any medications you will need for the duration of the program
- If you wear glasses, please bring a strap
- Toothbrush and toothpaste
- Sleeping Bag & Sleeping Pad
- Flashlight or headlamp with extra batteries
- Small backpack for carrying day items around Cow Island
- Journal and pen

Optional Gear, but Helpful to Have:

- Camera (disposable only! No digital cameras are permitted)
- Watch
- Small towel

The DO NOT Bring List:

- Flip flops or open-toed shoes
- Revealing clothing. If you bring a 2 piece bathing suit, please be prepared to wear a shirt to cover your stomach.
- Any electronic equipment: video games, toys, cell phones, radios, iPods or digital cameras
- Cigarettes, Alcohol or Drugs
- Weapons: This includes knives or any sort of item that could be considered a weapon.

→ Remember that you are responsible for carrying your own gear, so please pack only what you can carry. We suggest duffle bags, backpacks, or dry bags to hold your belongings.

→ ****PLEASE LIMIT YOUR COTTON CLOTHING!** Cotton/jeans takes a very long time to dry and does not retain its warming properties when wet. Polyester, synthetics, nylon, fleece, and wool are all great options. Students can bring cotton clothing to change into at the end of the day.**