

What to Bring Trip Leader Training

- 2- Pairs of pants (synthetic)
- 2- shirts (Synthetic)
- 1- set of long underwear (top and bottom)
- 2- sets of socks (synthetic)
- 2- sets of underwear
- 1 or 2- isolated top layer (sweater or puffy jacket)
- 1- winter hat
- 1- pair of comfortable camp shoes (closed toe)
- 1- set of swimwear (used for T-Rescue training)
- 1- towel
- 1 Set of rain gear (top and bottom)
- Notebook and pen for notes
- A backpack that fits your gear
- Sleeping bag (20 degrees or below)
- Sleeping pad
- Headlamp
- Personal medications
- Toiletries
- 2 water bottles

Optional

- Camp chair
- Personal PFD
- Gloves

We do have limited gear available at the camp. If you need parts, reach out to Eri Martin at eri.martin@maine.edu.