Hike Info Sheet and Equipment List

What to Bring (Check the weather conditions)

- Rain jacket/Rain Layer...Windbreaker, Light raincoat, Check the weather!
- Long pants...Wind pants
- Long Sleeve Shirt... wool or synthetic
- Socks...wool or synthetic
- Warm hat
- Baseball cap, sun hat, sunglasses
- Camera and film
- Any Medications you are taking...Please inform trip leaders of any medications you will be bringing.
- Water Bottles or Sports drinks...2 water bottles
- Special Snacks...trail mix, power bars, or granola for energy
- Lunch...Unless otherwise specified
- Small backpack you don’t mind carrying around
- Footwear... Water Resistant!

What you should wear

Please don’t wear cotton on our trips! Cotton is a sponge and soaks up water and holds it against your skin, often causing the wearer to become wet and cold. No good. Keep weather in mind! We will be in the Oxford County area of Maine if you want to check the reports the night before (recommended). Wear shoes that you are going to be comfortable hiking, walking, jumping, and frolicking, around all day in. Layers work the best because we all know temperatures can change. Bring warm and cool weather appropriate items. If you don’t bring rain gear and it rains...you are probably not going to have as much fun. Bring it just in case! If you have ANY questions about clothing or what you need to bring please contact us!

Bring Water!

As with all of our outings we encourage you to stay hydrated! Bring fresh drinking water, or at least 2 1-liter containers to put water in! Also make sure to bring a lunch and snacks to keep your energy going.

Drugs and Alcohol Policy

Because of the nature of this trip and the mixed age group, alcohol is not permitted. Please leave it at home. Drugs, except ones specifically prescribed to you by your doctor, are absolutely prohibited. Students with these in their possession are subject to all penalties of violating USM policy, and State and Federal law. Additional consequences could include exclusion from this and future activities, and/or being sent immediately home.

Questions or Concerns
Sullivan Campus Recreation & Fitness Office
780-4939
104 Sullivan Recreation & Fitness Complex, Portland