

## Classic Cow Gear List

Please read through the gear list below to start planning and preparing for the trip. If you have any questions about items on the list or need recommendations / clarification, or borrow any gear, please email [info@rippleffect.net](mailto:info@rippleffect.net) or give us a call at (207)-791-7870.

### A Few Reminders

- Remember that you are responsible for carrying/packing your own gear, so please pack only what you can carry.
- **Please limit your cotton clothing.** Cotton (including 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.
- All participants are required to wear shirts at all times. The nature of our programs require athletic style swimsuits and rash guard tops to prevent rubbing of PFDs and salt water, and prevent sunburn.
- \* Items with an asterisk can be borrowed from Rippleffect.

### How to Pack

- We recommend that participants pack their gear into a duffel bag or large backpack. Smaller, or overflow, items can be packed into their day pack that will be used while they are on Cow Island.

### Shoes

- Water Shoes – close toed shoes only (Crocs work great)
- 1 pair of comfortable, close-toed shoes, like sneakers, for activities and moving about the island

### Base Layers

- 2 synthetic or wool long sleeve tops\*
- 1 pair long underwear bottom\*
- 4 pairs wool socks
- Underwear
- 1 bathing suit
- 4 synthetic t-shirts
- 2 to 3 pair synthetic shorts

### Mid / Insulating Layers

- 2 heavy fleece or pile/puff layer\*
- 2 pair synthetic (non-cotton) pant – fleece or track pants work\*

### Outer Layers

- Rain gear - both pants and jacket (water proof/wind proof)\*
- Winter hat – (non-cotton)
- Lightweight non-cotton gloves
- Baseball cap or sun hat

- Bandanna

## Personal Gear

- Sleeping bag\*
- Sleeping pad\*
- Day Pack/Backpack\*
- Headlamp or flashlight with extra batteries
- Compactor or contractor trash bag (for waterproofing)
- Plastic Bowl\*
- Fork/Spoon\*
- 2 water bottles (need to have sealable tops, think Nalgene)
- 1 travel mug for hot liquids
- Any medications needed for the duration of the program
- Sun glasses

## Toiletries

- Sunscreen
- Chapstick
- Toothbrush and toothpaste
- Small bottle of hand sanitizer

## Optional

- Watch
- Digital or disposable camera
- Small stuff sacks
- Journal and pen
- Towel
- Books

## The DO NOT Bring List

- Flip flops or open-toed shoes
- Any electronic equipment: video games, toys, cell phones, radios or iPods
- Cigarettes, E-Cigarettes, JUULs, Alcohol, or Drugs
- Weapons: This includes knives or any sort of item that could be considered a weapon.