

Aucocisco Gear List

We would like you to be prepared with gear that will keep you safe and comfortable on your adventure. Weather on Cow Island can be dynamic, and different than that of Portland. Please check the weather and have your participant dress accordingly. 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.

If you have any questions about the gear on this list, please do not hesitate to reach out by email at info@rippleffect.net or via phone at (207)791-7870.

A Few Reminders

- **Please limit cotton clothing!** Cotton/jeans take a very long time to dry and do not retain their 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.
- The nature of our programs require athletic style swimsuits and rash guard tops to prevent rubbing of PFDs and salt water. All participants are required to wear shirts at all times.

How to Pack

- We recommend participants pack all of their necessary gear for the day in a school backpack with overflow items being carried in a reusable shopping bag.

What to Wear

- Pair of comfortable close-toed shoes (like sneakers, for activities and moving about the island)
- Synthetic T-shirt
- Synthetic or athletic shorts or pants

What to Bring

- Backpack for carrying gear
- Packed lunch and multiple snacks
- 1 Warm Wool Sweater or Polar Fleece
- 1 Warm Hat, Wool or Fleece
- 1 Large Water Bottle (any clean, recycled soda bottle would work)
- 1 Nylon or Synthetic Swim Trunks or Swimsuit (Quick Drying)
- Rain Gear - jacket and pants
- Sunscreen and chapstick (sunlight reflects off the water - use SPF 30 or higher!)
- Sunglasses with strap
- Baseball Hat or Sun Hat
- Water Shoes – close toed shoes only, (Crocs work fine)
- Any medications you will need for the duration of the program
- If you wear glasses, please bring a strap

Thursday Overnight Gear List:

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.

- 1 long sleeve shirt (preferably non-cotton)
- 1 pair of pants (nylon or synthetic)
- 2 pairs of socks (synthetic, wool, or smartwool)
- 1 pair of shorts
- 1 short sleeve shirt
- 1 mid-weight jacket
- Plastic Bowl (Tupperware works great!)
- Spoon
- Extra underwear
- Sleeping attire
- Toothbrush and toothpaste
- Sleeping Bag & Sleeping Pad
- Flashlight or headlamp with extra batteries

Optional Gear

- Watch
- Extra water bottle
- Digital or disposable camera
- Towel

The DO NOT Bring List

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