



# OUTWARD BOUND

## Thompson Island

# PACKING LIST

**PACK LIGHT:** Students must carry their own bags quite a distance to reach the dormitories.

**IMPORTANCE OF PROPER CLOTHES:**

Bringing proper clothing on course is crucial. Course environments are characterized by unpredictable weather and it can get cold any time of the year, so you need to bring everything on the highly recommended clothing list.

Our clothing list reflects the importance of the layering principal. Dressing in several light layers rather than one heavy layer allows you more flexibility as the weather and workloads change. Wool is a longtime favorite as it retains much of its insulating qualities when wet. The new synthetics are polypropylene, pile, fleece, bunting, Polar fleece, Capilene, etc. These synthetics, like wool, insulate when wet, but they weigh less than wool and dry more quickly. Synthetics are also more comfortable next to the skin.

Please do not bring cotton clothing such as jeans, *exclusively*. Cotton retains moisture and loses almost all of its insulating properties when wet. (Imagine wearing a pair of jeans straight from the washing machine!) Once cotton clothing gets wet, it is difficult to dry.

Do not feel that you must buy all your gear at camping and specialty stores. Old clothes are great, and thrift shops, Goodwill and Army/Navy stores can be excellent sources for many of the items on the list. To ensure you have all the necessary items, don't wait until the last minute to pack! There will be a limited amount of extra gear if students don't have their own.

**MEDICINE:**

All medicine and over the counter drugs should be in their original containers and packed separately in a zip locked plastic bag, with the child's name clearly written on the bag, doctor's instructions for taking the over the counter medicine as well as the prescription directions included. Medication will be dispensed by Wellesley nursing staff or Wellesley hired nursing staff. Medications will be collected the morning of departure by the school nurse. All unused medications will be returned to the school or parents at the end of the week. (Instructors are also Wilderness First Responders, Wilderness Certified First Aid.)

**HIGHLY RECOMMENDED CLOTHING LIST :**

- 1 set of synthetic long underwear - tops and bottoms
- 3 T-shirts (can be cotton, lighter colors absorb less heat)
- 2 long sleeve lightweight shirts (1 should be lightweight cotton)
- 1 synthetic fleece jacket (not cotton)
- 1 waterproof rain jacket and rain pants (not a poncho)
- 1 pair of loose fitting quick drying pants (nylon wind pants)
- 1 Pair of jeans
- 1 pair of shorts (at least 1 quick-drying nylon preferred)
- 5 sets of undergarments
- 5 pairs of socks (at least 2 pairs should be synthetic or wool)
- 1 pair of comfortable athletic shoes or hiking boots (Thompson Island will supply the rubber boots for the Salt Marsh exploration)
- 1 lightweight wool/knit hat (for warmth) and a sun hat
- **Daypack or back pack for daily activities**
- Suntan lotion and non-aerosol bug spray
- **Personal Hygiene kit:** including shampoo, toothpaste, toothbrush, deodorant, soap.

**MORE INFORMATION ON BACK OF SHEET...**

**OPTIONAL:**

- 1 pair of sunglasses (sturdy and dark with a keeper band)
- If you wear glasses or contacts, bring a spare set, if possible. Even if you wear glasses for reading, bring them for use in chart reading and navigation. Glasses should be held on with a strap. Only bring contacts that do not require heat disinfecting/boiling.
- 1 small flashlight or headlamp with batteries
- 1 set extra batteries, appropriate for your flashlight
- Camera and film
- Sandals (not to take the place of other footwear)
- Zip lock bags to waterproof items (freezer bags are the strongest)

**PLEASE LEAVE THE FOLLOWING AT HOME:**

- Walkman, iPods, video games, cell-phones, beepers, and other electronics
- Jewelry and other valuables-discouraged for safety reasons; they can get caught on things.
- Clothes that you do not want to get dirty
- Anything valuable to you that you will not need and don't want to worry about losing or breaking!