

Sleeping	
<input type="checkbox"/> Sleeping bag in a stuff sack	Line the stuff sack first with a plastic bag for waterproofing and then stuff the sleeping bag inside, or stuff sleeping bag into a dry bag.
<input type="checkbox"/> Sleeping pad	
<input type="checkbox"/> Tent	A 1-4 person tent is preferable. Most people will be using their own tents.
<input type="checkbox"/> Tarp and a small coil of line (ex: parachute cord)	For waterproofing from the ground or hanging above the tarp to protect gear from rain, or to create shade.
Clothes—Upper Body	
<input type="checkbox"/> 1 warm hat	Wool, fleece, or synthetic. Not cotton.
<input type="checkbox"/> 1 sun hat with visor	Best if you can attach a string or cord to it so it doesn't fly away.
<input type="checkbox"/> 1 pair sunglasses + Croakies, or string attached.	Polarized is best. Attach a string, cord, or Croakies to them, so they don't go overboard. We have extra string if you want to wait until you join the program.
<input type="checkbox"/> Eyeglasses, if you wear them	Bring glasses, even if you wear contacts, as back up.
<input type="checkbox"/> 2 mid-weight upper layers	Wool, fleece, or synthetic warm sweaters or puffy jackets. Not cotton.
<input type="checkbox"/> 3-4 T-shirts	At least 1 can be cotton.
<input type="checkbox"/> 1-2 long sleeve shirts	Can be cotton, lightweight. Essential for sun protection.
<input type="checkbox"/> 1-2 long underwear top/ thermal base layer	Wool, silk or synthetic (polypropylene)
<input type="checkbox"/> 2-3 sports bras	Can be used for swimming in, too.
<input type="checkbox"/> 1 rain jacket	
Clothes—Lower Body	
<input type="checkbox"/> 1 rain pants/ bibs/overalls	
<input type="checkbox"/> 1-2 long underwear bottoms	Wool, silk or synthetic (polypropylene). Not Cotton.
<input type="checkbox"/> 2-3 bottoms (shorts and/or pants)	For rowing and sailing in, island walking, daily use.
<input type="checkbox"/> 1 long pants	Can be synthetic or cotton. Great for after boating activities on the island in the afternoons/evenings.
<input type="checkbox"/> 3 pairs warm socks	At least one pair should be wool or synthetic.
<input type="checkbox"/> 4-7 pairs underwear	Underwear packs pretty small, so it's OK to bring a pair for each day, too.
<input type="checkbox"/> 1-2 bathing suits	That will stay on easily with lots of activity. Shorts + sports bra is also a good choice.
<input type="checkbox"/> 1-2 pairs durable shoes	Something you can easily walk and run in; step onto a rocky shore in and get wet (can be old sneakers/ old running shoes, wet shoes with durable soles, neoprene booties, or rubber boots. Preferably closed-toe).
<input type="checkbox"/> 1 durable flip flops / sandals	For wearing around camp.

Personal items	
<input type="checkbox"/> Pens / pencils and notebook	
<input type="checkbox"/> 1-2 water-bottles, or 1 water bottle and 1 thermos	1 liter water bottles are easiest to carry around.
<input type="checkbox"/> 1 flashlight or headlamp and extra batteries	
<input type="checkbox"/> 1 wristwatch	Waterproof and with alarm function is ideal.
<input type="checkbox"/> 1 Bowl, 1 cup and 1 spoon	
<input type="checkbox"/> Personal prescription Medications	
<input type="checkbox"/> Feminine hygiene products	Bring a few extra ziplock bags for containing trash, and for waterproofing products.
<input type="checkbox"/> Toothbrush and toothpaste	
<input type="checkbox"/> Sunscreen and lip screen	
<input type="checkbox"/> Pack towel and/or sarong	Something to dry off in, and it's nice if towel/sarong is big enough to also use as a changing screen.
<input type="checkbox"/> 1-2 buff or bandana (optional)	Generally useful item for sun protection, keeping hair back, etc.
<input type="checkbox"/> 2-3 masks/face coverings	For use when in closer proximity than 6 feet, and in the gigs.***Covid prevention strategy as of 3/1/2021
<input type="checkbox"/> 1 small personal supply of hand sanitizer	Ideal if you can find a way to clip in on to your water bottle, or carry with you in your day bag for quick and easy access. We will also have bigger supplies for the group.
<input type="checkbox"/> 1 personal thermometer	For a daily health check.***Covid prevention strategy as of 3/1/2021
Optional	
<input type="checkbox"/> Musical instrument	For use in camp. We have a shelter on the island to protect instruments from rain, but wrap case in a large plastic bag just in case.
<input type="checkbox"/> Camera and protective case	
<input type="checkbox"/> Book	Paper books are better than electronic ones. See note on electronics below.
<input type="checkbox"/> Biodegradable soap	We will also provide soap.
<input type="checkbox"/> Hairbrush/ comb; extra hair ties	
<input type="checkbox"/> 1 small bottle of bug spray (non-aerosol)	With preference for deet-free, non-aerosol types.
<input type="checkbox"/> Athletic tape	We will carry a small supply in the First Aid Kit, but please bring extra; good for protecting hands from blister developments.
<input type="checkbox"/> Rowing / sailing gloves	Can help with blister prevention.

1 knife (optional)

Single blade or a multi-tool. Here are three recommendations: https://www.amazon.com/Opinel-Carbon-Blade-Folding-Knife/dp/B002SCU004/ref=redir_mobile_desktop?_encoding=UTF8&pc_redir=1403292393&robot_r%20edir=1

And for carving projects (optional):http://www.shelterinstitute.com/shop/cat/tools/sub/carving/sub/carving_knives/product/176

http://www.shelterinstitute.com/shop/cat/tools/sub/carving/sub/carving_knives/product/1503

How to Pack, and Use Gear:

On your body, if sunny:

- Sun hat
- Sun glasses
- Buff/bandana (optional)
- Face covering
- Tee shirt
- Long sleeve shirt (sun protection/or warmer layer)
- Shorts/pants
- Wet shoes/sandals
- Carry water bottle or put into day pack.
- Carry day bag (can be small dry bag, small backpack, or closeable tote bag lined with plastic bag for waterproofing)

On your body, if cold/rainy:

- warm hat or sun hat with visor (to keep rain out of face)
- long underwear top and bottom
- possibly another warm layer (sweater or puffy vest or puffy jacket)
- rain jacket and rain pants or rain overalls (bibs)
- sandals, wet shoes, or rain boots (with socks).

To carry with you, in the boat, around camp in a day bag:

Note: This may change each day depending on the weather, and activity. A good idea is to plan to carry most of these things listed in either the sunny, or rainy categories if not currently being worn.

- Sunscreen
- Lip screen
- Warm layer
- Knife
- Camera in case
- Snack (we'll provide snacks)
- Bandana
- Hand sanitizer
- Water bottle (or carry)

To keep in camp/in your tent:

- Tent will remain set up on Greens Island. Sleeping bag and pad will stay set up inside tent.
- Swim suit and towel can be hung up near your tent area to dry. We don't linger in wet clothes after swimming. Just use them to get in the ocean with, and then change into dry clothes immediately afterwards.
- 1 medium sized duffle, backpack, or dry bag to keep most of your belongings in--- for transport to Greens Island and back to Rockland, and to keep in your tent. Use a large dry bag or line duffle/backpack with 1-2 plastic bags to waterproof.
- If you can't fit your tent, sleeping bag, and sleeping pad into your medium sized duffle/backpack/dry bag, it's OK to keep them separate during transport.

The weather and sea temperature on Greens: The average temperatures in July are a high of 75 degrees F and a low of 58 degrees F. You can expect to see a range of all weather---sun, rain, fog, thunderstorms, wind, and no wind. The packing list is designed to keep you relatively comfortable in all weather. It's common to wear a sweater/warm layer and warm hat in the evenings and mornings, and tee shirts and shorts during the heat of the day.

The sea temperature averages around 57 degrees F. We will be intentionally getting into the water everyday, if possible. This is so you can learn how your body reacts to cold water in a more controlled setting first, so you will be less surprised if do you happen to get wet while boating during any moments you didn't expect. It's likely the cold water will feel less shocking the more you get in it.

Critters on Greens: The mosquitos are typically not a problem on the island, since there is usually a breeze keeping them at bay, and they're less active in the cooler temps of Penobscot Bay. There are squirrels, and raccoons on the island, so it's best to keep food well stored, and tents and bags zipped up when not in use. There have been very few ticks found on the island. In 2019, we found 1 during the entire week. Still a good practice to do a daily tick check during the summer months.

Electronics and cell phone use: You can bring your cell phone, or leave it behind entirely. Please keep all cell phone use to a bare minimum, and if necessary, please use away from the group, and not during group activities, boating, or meals. The best time to use cell phones is during personal time or in the evening after group activities and meals are finished. Bring your cameras for taking photos, or we can discuss as a group about using phones as cameras, (but not for active texting with friends, or social media while during group activities). We don't want our phones to become a distraction to us, especially while boating, and while being with each other in camp.

Do not bring:

Drugs, tobacco products, or alcohol.

Please note: we will provide three meals and snacks per day, water, PFDs/lifejackets, First Aid Kits, and other safety gear. Please email/call with any questions regarding this packing list, or if there is something you wish to bring, but it's not listed. We may have extra gear items in the list below, so please inquire about borrowing. atlanticchallengeusa@gmail.com