

# COASTAL MAINE HIKING

## “Where the Mountains Meet the Sea”

### What to Bring and Packing List

Though we encourage you to pack as lightly as possible, don't skimp on the essentials. To be prepared for inclement weather we cannot emphasize enough the need for warm clothes, good rain gear and comfortable hiking boots. Having the appropriate clothing and gear will add to your enjoyment, comfort, and safety. We are happy to answer any questions you may have or put you in touch with past participants.

**Weather Conditions:** The days can be warm, but it can also be cool and rainy. For all our trips, you can expect to be outdoors for most of the day and not always within quick reach of shelter. This being the case, we are more at the whim of Mother Nature than your average traveler. Naturally, we hope the weather will cooperate, but as often is the case on the coast of Maine, and elsewhere, it can change quickly and without much notice. Though we will be checking forecasts daily, you should be prepared for some hiking in wet conditions, or for a change in itinerary.

#### EQUIPMENT AND SPECIAL ITEMS

**Hiking Boots/Trail Shoes:** We recommend either over the ankle or sturdy trail shoes. Your boots should fit well and be broken in. It is well worth it to take time to break in your footwear prior to your trip.

As you will only be carrying a daypack and relatively little weight, you will not need a full-blown hiking boot. Many companies now make hiking shoes that are lightweight and very adequate for the type of hiking we will be doing. Please call L.L.Bean or visit your local L.L.Bean store for advice about hiking boots.

**Rain Gear:** It is important to bring both jacket and pants. You can purchase waterproof, breathable rain gear made for hiking at L.L.Bean. Gear with Gore-Tex®, NeoShell or TEK waterproof fabric is recommended.

**Daypacks:** You will need a good quality daypack with a hip belt. There is any number of good daypacks available. You will need one that comfortably accommodates all those items you wish to bring on a full day's hike: 1- 2 liter water bottles, camera, sweater, jacket, rain gear, lunch, sun hat, warm hat and gloves. To be prepared for rain, you should pack your items in a waterproof stuff sacks or zip-lock bags inside your pack and use a waterproof pack cover. Backpacks are not waterproof.

**Blisters:** Nothing can make a hiker more uncomfortable than a small blister. Even properly fitting boots can cause “hot spots,” which can lead to blisters. We recommend you carry a supply of remedies in your small first aid kit, such as moleskin and Compeed (great stuff, available in pharmacies in the US under Band-Aid brand in blue-green containers) “Second Skin” is also good.

**Walking Sticks:** Walking sticks/poles are very useful. They add a third point of contact helping with balance and take some of the strain off your knees on descents. Many stores in the US have them as well. Leki is a popular brand. Many past participants have told us walking poles are invaluable. Hiking poles must be in checked bags if you are flying.

#### PACKING LIST

When selecting clothing, think about dual-purpose items and about layering for warmth and keeping dry. It is better to have several layers you can take off and put on one at a time versus one heavy layer. This list has been thoughtfully prepared. If you follow it closely, you will be well prepared for all weather conditions.

**We recommend fleece, merino wool and synthetic materials** for your hiking clothes. Unlike cotton, these materials retain their insulating qualities even when damp. They wash easily and dry quickly. There are many excellent jackets, sweaters, shorts, pants and hiking t shirts made from these materials which are known by many different names: quilted synthetics, nano, Icebreaker, silk weight, quick dry, merino wool, etc.

**Apres Hiking:** It's nice at the end of the day to have a change of clothing from your hiking gear, but don't go overboard. One or two outfits above and beyond what you'll need for hiking will suffice. Comfortable, casual sportswear is most appropriate for the times when you will not be hiking.

#### SPECIALIZED GEAR

- 1 Day pack
- 1 pair of hiking boots or sturdy trail shoes
- 1 pair of hiking poles (these are optional, but we recommend them)
- 1 set of rain gear – tops and bottoms
- Water shoes for a stream crossing
- 3- season sleeping bag for use in the huts
- Towel and pillowcase

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- 1 midweight fleece sweater, PrimaLoft or puff jacket
- 1 lightweight fleece sweater
- 1 vest (optional)
- 1 super lightweight wind breaker (optional)
- 1 pair of light or midweight long underwear (tops and bottoms for fall trips)
- 1-2 pair hiking shorts
- 1 pair long hiking pants or capris plus warmer fleece type pants if you know you get cold
- 1-2 synthetic t-shirts
- 2-3 pairs of hiking socks
- 1 pair of shoes other than hiking boots
- 1 warm hat and mittens/gloves – these are important regardless of the time of the year
- 1 sun hat

### OTHER ITEMS

- 2 one-liter water bottles or a hydration system
- Sunglasses
- Sunscreen
- Bandana or cotton scarf
- Pocketknife
- Small flashlight or head lamp
- Personal items, including small first-aid kit and personal toilet items
- Small plastic container to carry lunch items for trailside picnics (optional)
- Camera and chargers
- Ear plugs
- Travel umbrella (optional)
- Bathing suit – there might be an opportunity for swimming

### READING LIST

- Judd, Richard. *Maine: The Pine Tree State from Prehistory to the Present*. University of Maine Press, 1995.
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- Roberts, Ann Rockefeller. *Mr. Rockefeller's Roads*. Downeast Publishing, 2012
- Edgett, Ruth. *A Watch in the Night – the Story of Pomquet Island's Last Lightkeeping Family*, 2008.