

# 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 Shoes/Boots:** We recommend that you choose your boots carefully. 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, even though they may feel fine. If you have an old pair of boots that have “been around for years,” you may want to consider investing in a new pair as old boots can cause problems.

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. If you have a tendency to roll your ankles or feel you need more ankle support and higher cut boot or shoe as opposed to a low cut boot may be more appropriate for you. Please call L.L.Bean or visit your local L.L.Bean store for advice about hiking boots.

**Rain Gear:** We cannot over emphasize enough the importance of good rain gear, tops and bottoms, especially in New England. 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.

Old Gore-Tex rain gear, lightweight golf or running-type rain suits do not hold up and can begin to leak. About Rain Ponchos: Please do not bring these as your only rain item, Yes, there are some top of the line rain ponchos that work well in most conditions to keep both you and your pack dry, however, in windy conditions, they are not adequate and should not serve as a substitute for tops and bottoms.

**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.

**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.

#### PACKING LIST

This list has been thoughtfully prepared. If you follow it closely, you will be well prepared for all weather conditions. Though we always hope for warm and sunny weather, it can be cold and rainy anytime of the season. Temperatures can range from 32 at night to 70s during the day. To be prepared for rain, it's a good idea to pack your clothing in waterproof stuff sacks or zip-lock bags inside your pack and use a waterproof pack cover. Backpacks are not waterproof.

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

A word about cotton: When cotton gets damp/sweaty/wet, not only does it become heavy and take forever to dry, more importantly, it draws warmth from your body. It has no insulating properties. On a long cold, rainy day, wet cotton next to your body is not only uncomfortable, it can cause hypothermia. Please do not bring cotton long underwear, t shirts, socks, sweatshirts or sweatpants.

Fleece, merino wool and synthetic materials retain their insulating qualities. These keep you warm even when wet, dry quickly, and are lightweight. There are many excellent jackets, sweaters, shorts, pants and hiking t shirts made from these materials which are known by many different names:

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quilted synthetics, nano, Icebreaker, silk weight, quick dry, merino wool, etc. As with the other clothing items, we recommend your hiking t shirts be made of these materials (not cotton) because they hand wash easily, dry quickly and have qualities that keep you cool on warm days and warm on cold days! Any reputable gear store will carry a good selection of hiking clothes.

### WICKING AND INSULATING LAYERS

**For Your Upper Body: These 4 items are essential regardless of the trip or time of year.**

- ☐ **Bottom layer:** 1 lightweight or medium weight long-sleeved long underwear top for wearing next to your skin. This is the wicking layer. Zipper turtleneck or crew necks.
- ☐ **Middle layer:** 1 lightweight fleece sweater or “expedition” weight long underwear top to wear over the bottom wicking layer. This is the warming layer. It’s the weight and thickness that matters, not the brand name. A high neck is a nice feature.
- ☐ **Top layer:** 1 fleece, PrimaLoft or puff jacket, which is large enough to wear over both the bottom and middle layer. This is an insulation layer. You would not necessarily hike in this, but wear it when you stop for an extended period of time like picnic lunch breaks and/or in the evenings. The newer synthetic jackets are very light weight, warm and pack down very small. We do not recommend down for this layer as it loses its insulating qualities when wet.
- ☐ **Warm Hat and Warm Gloves or Mittens:** These are important for all trips. We recommend fleece. A baseball hat or headband cannot serve as a substitute. Even if it is baking hot when you pack, please pack a warm hat.

**For Your Lower Body: The first 2 items are essential.**

- ☐ **Light or mid-weight long underwear bottoms:** 1 pair of light weight bottoms.
- ☐ **Lightweight or nylon pants:** for use over long underwear or by themselves. Useful at night.
- ☐ **Optional:** Lightweight fleece pants: Fleece pants are optional, though if you know you get cold easily you may want to bring a pair. Also if you are hiking in May or September you might find these to be useful as the temperatures can be cold.

### OUTERWEAR FOR WEATHER PROTECTION

- ☐ **Rain Gear:** 1 set tops and bottoms. Good rain gear is important. Gore-Tex works the best in terms of being waterproof and breathable. Coated nylon, “oil-skins”, or sailing-type rain gear is not intended for heavy or prolonged exertion and can make you extremely wet and hot on the inside. Lightweight running suits are not durable enough for bad weather. Ponchos should not be substituted for tops and bottoms. We cannot over emphasize the importance of good rain gear.

### CLOTHING ITEMS

While this list includes only items needed for hiking, you should not need to bring considerably more clothing for the times you will not be hiking. Dress at the inns and B&B’s is “smart casual”, as they like to say in the old country.

- ☐ Hiking boots - see above for suggestions
- ☐ 1 pair of sneakers that can be used should your hiking boots give you trouble and to use at night. Sport sandals are fine if you can use them for hiking. You would want to be able to wear socks with them.
- ☐ 2-4 pairs of hiking socks – (not cotton) – wool, Coolmax, Thorlos, Smartwool, Capilene etc.
- ☐ 1-2 t-shirts for hiking. You will have an opportunity to wash them out each night at the inns. Capilene, Coolmax, silk, lightweight wool, merino wool or poly hand wash and dry on clothes lines very easily. They are a perfect substitute for cotton t-shirts.
- ☐ 1-2 pairs of shorts, lightweight quick dry-type for hiking, one pair could be zip-off pants.
- ☐ 1 pair of lightweight pants (see above under “lower body”), also for use at night.
- ☐ 1 long-sleeve poly button up shirt: Participants have found these items to be extremely versatile. They are cool in hot weather, offer warmth on cold days, offer protection from the sun and hand very wash easily. They look nice in the evenings at the hotel for dinner when you need something other than a t-shirt.
- ☐ Sun hat and sun glasses

### PERSONAL ITEMS

- ☐ 2-3 liter-sized Water bottles, or a hydration system
- ☐ Sun block
- ☐ Bandana or cotton scarf
- ☐ Zip-lock bags
- ☐ Small flashlight, as there may be one night accommodation with shared facilities.
- ☐ Small spoon for picnic lunches
- ☐ Pocketknife
- ☐ Personal toilet articles, including soap, tissues; “baby wipes” for washing hands on the trail; Woolite for hand washing clothes - shampoo works well for washing too. Think in small, travel size amounts.

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### OPTIONAL ITEMS

- ☐ Untralight wind jacket
- ☐ Camera and batteries
- ☐ Ear plugs if you find them helpful for sleeping.
- ☐ Travel umbrella
- ☐ Journal; book
- ☐ Tupperware container for lunch items
- ☐ Bathing suit

### READING LIST

- ☐ Judd, Richard. *Maine: The Pine Tree State from Prehistory to the Present*. University of Maine Press, 1995.
- ☐ Griffin, Nancy. *Maine 101*. MacIntyre Purcell Publishing, Inc., 2009.
- ☐ Warner, Mark. *Monhegan, A Guide to Maine's Fabled Island*. Downeast Publishing.
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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.