

Mount Desert Island  
Trip Information  
PROVIDED BY FORMER STUDENTS

This list is *not* exhaustive. It is just a guide to help give you an idea as to what you may need on the trip based on students' experiences and feedback. Do not feel obligated to bring everything on the list, and of course you may feel you need something we did not include. There are stores on the island, but none are walking distance from the lab, so someone would have to drive you into town to pick up what you need if you forget something.

**What is Provided?**

**Linens**

Sheets  
Cotton blanket  
Wool blanket  
Pillow  
1 bath towel  
1 hand towel  
1 washcloth

**Food**

All meals  
Snacks available at all times

**In the Bathrooms**

Hand soap  
Paper towels  
Toilet paper

**What do YOU need to bring?**

Linens

- ☐ Towel (one is provided, but you may want an extra for swimming, laying out, etc)
- ☐ Pillow (if you are particular about your pillow, you may want to bring your own)

Clothes and Accessories

The entire trip is VERY casual. Keep in mind that it can be hot, but also very chilly, windy or rainy, so layers are your best bet as is something warm with wind-breaking capabilities. There is not a washing machine available so pack what you need for seven days. Below are just some suggestions.

- ☐ Jeans
- ☐ T-shirts (long and short sleeved)
- ☐ Sweats
- ☐ Sweatshirt
- ☐ Fleece
- ☐ Shorts
- ☐ Clothes you can workout/exercise in
- ☐ Baseball-like hat (something with a brim)
- ☐ Sunglasses

- ☐ Warm hat
- ☐ Gloves
- ☐ Rain jacket (for rain, but also for kayaking, so it should be comfortable and allow for movement)
- ☐ Sandals
- ☐ Sneakers and/or hiking shoes
- ☐ Shower shoes
- ☐ Swimsuit
- ☐ Undergarments/socks

#### Toiletries/Meds

- ☐ Anything you feel you need to maintain a socially acceptable level of hygiene for one week!
- ☐ Sunscreen
- ☐ Bug spray
- ☐ Advil or Tylenol (you never know when you may need it)
- ☐ Kleenex
- ☐ Allergy medicine

#### School Stuff (sad, but true)

These items are useful if you have them, but are not at all necessary. There is wireless internet access if you bring your own computer. There are also many computers that are at the lab that you are more than welcome to use if you do not bring your own.

- ☐ Jump drive
- ☐ Laptop
- ☐ Pens/pencils
- ☐ Notebook

#### Fun Stuff/Misc.

You will have free time so bring activities you enjoy.

- ☐ Money/Credit Card (for shopping, souvenirs kayaking, lobster, ice cream, etc)
- ☐ Camera
- ☐ DVDs
- ☐ Games/cards
- ☐ Books/magazines
- ☐ Flashlight and/or headlamp
- ☐ Water bottle
- ☐ Small reading light (like the ones you clip onto your book, so as not to disturb your roommate)
- ☐ Alarm clock (your cell phone can serve this function)
- ☐ Chargers for all your electronics (cell phone, iPod, etc.)

- \_\_\_ Backpack (for hiking, biking)
- \_\_\_ Bottle opener (for “extracurricular activities”)

### Activities

The following activities are available during the trip. If any of them interest you, bring what you feel you need in order to be comfortable.

**Biking** – low-impact, not hilly

**Hiking** – Cadillac Mountain, moderate hike, rocky path, gets fairly windy at the top—running or hiking shoes ok

**Kayaking** – on the ocean, can be windy, cold, wet

**Sunrise on Cadillac Mountain** – beautiful, but REALLY cold, so need layers!

**Swimming** – only if you are brave (or crazy) enough for 50 degree water

**Lobster Bake** – Whatever you wear to this will smell very smoky from the bonfires and will likely get covered in lobster juice, so you may want to pack an outfit that you don’t mind getting smelly in. Also, don’t plan on wearing your Lobster Bake clothes on the plane the next day—your fellow travelers will thank you!

**\*Note about cell phones:** Depending on the provider your cell phone may or may not get service while on the island. Let your friends/family know you may not be reachable by phone during that week, but that you will have email access.