The Coleman integral is a $p$-adic line integral that can encapsulate valuable information about the arithmetic and geometry of curves and abelian varieties. For example, certain integrals allow us to find rational points or torsion points; certain others give us $p$-adic height pairings. I’ll present a brief overview of the theory, describe algorithms to calculate some of these integrals, and illustrate these techniques with numerical examples computed using Sage.