

# APOGEE ADVENTURES

## 2023 Alps Explorer

### Packing List

Please find the packing list for our *Alps Explorer* (AX) trip below. As always, be in touch with any questions about the items on this list, where to find them, or packing questions.

Please stick to this packing list and do not overpack. Because this trip is not van-supported, students must be able to comfortably carry everything they are bringing in their backpack – with additional room for group gear, tents, and food. Students should have roughly 20% of space remaining in their packs after packing everything into it.

#### Travel Document Essentials

- ❑ **Valid Passport** (Must be valid for 90 days past the date of entry into Switzerland – should be valid for a full six months past the date of entry)
- ❑ **Declaration of Consent to Travel** (available in mid-February)

#### Hiking Essentials

- ❑ **Sturdy, well-broken-in\* hiking boots** (medium weight with good ankle support - all-leather uppers or a supportive synthetic exterior that are appropriate for three weeks of backpacking on moderate to steep terrain).  
*\*The importance of breaking in your boots ahead of time cannot be overstated – your trip could be cut short by bad blisters.*
- ❑ **Backpack** (internal frame backpacks should be 65-85 liters / 4000-5000 cubic inches – **65 liters is the minimum size** – and suitable for 2-3 weeks of backpacking. Please make sure to have the pack adjusted to fit you. Osprey and Gregory are recommended brands.)
- ❑ **Safety whistle with lanyard** (to wear around your neck) – The whistle that is connected to many backpacks' sternum strap is not sufficient – you will need a separate whistle that can be carried with you at all times.
- ❑ **Telescoping hiking poles** (Leki is a recommended brand)

#### Optional

- ❑ [2.5- to 3-liter hydration reservoir](#) (just the reservoir to be inserted into hiking backpack - Camelbak or Osprey are recommended brands)

#### Clothing Essentials

Please take the warm layers listed below seriously – it can get chilly in the evenings

- ❑ 4-5 T-shirts (at least 3 should be synthetic/non-cotton)
- ❑ 3 Pairs of shorts (synthetic - not heavy, cotton cargo shorts - can double as a swim suit)
- ❑ 6-7 Pairs of underwear, 4-5 Sports bras (as necessary)
- ❑ 6 Pairs of socks (synthetic or wool blend socks – do not bring cotton. Smartwool and Darn Tough are recommended brands)
- ❑ 1 Long-sleeved wool or synthetic shirt
- ❑ 1 Wool or synthetic long underwear top and bottom (medium weight, long sleeve – do not bring cotton)
- ❑ 1 Lightweight fleece jacket or pullover
- ❑ 1 [Medium-weight, down or synthetic fill, packable, insulating jacket](#)

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- ❑ 1 Weatherproof shell jacket (*should be made of coated nylon, Gore-Tex, H2NO, or some other wind- and waterproof material*) – Note that **water resistant** is not **waterproof**; water resistant is insufficient.
- ❑ 1 Pair of waterproof rain pants
- ❑ 1 Pair of leggings or lightweight pants
- ❑ 1 Pair of lightweight, synthetic hiking pants
- ❑ 1 Fleece or wool hat
- ❑ 1 Pair of wool or synthetic mittens or gloves
- ❑ 1 Pair of lightweight sandals for around camp (*Crocs, Chacos, and Teva are recommended brands, though flip-flops work fine, too*).
- ❑ 1 Baseball cap or sun hat

#### **Optional**

- ❑ 1 Pair of pajamas (*a cotton t-shirt and boxer shorts work well*)
- ❑ 2 Pairs of liner socks (*for helping prevent blisters*)
- ❑ 1 Quick-drying swimsuit (*can also substitute with synthetic shorts and sports bra*)

#### **Camping Essentials**

- ❑ Synthetic, medium weight, mummy style sleeping bag (**20° temperature rating** - it should be compressible and weigh no more than 3.5 pounds)
- ❑ Waterproof compression/stuff sack for sleeping bag (*if sleeping bag comes in a compression stuff sack, garbage bag can be used for waterproofing*)
- ❑ [Inflatable](#) or [closed-cell foam](#) sleeping pad – Closed-cell foam pad should be no larger than 1 ½" x 30" x 72" when unrolled (*Thermarest and Big Agnes are recommended brands*)
- ❑ 2 One-liter plastic or stainless steel water bottles (*Nalgene is a recommended brand*)
- ❑ Tupperware/Rubbermaid/[plastic bowl](#) (6" to 8") with lid and cutlery (*will serve as a plate and bowl*)
- ❑ [Headlamp](#) with two sets of extra batteries
- ❑ Waterproof backpack cover (*or two heavyweight garbage bags*)
- ❑ 4-5 Re-sealable plastic freezer bags (*two-gallon size*)

#### **Optional**

- ❑ Lightweight and packable backpacking chair (*Crazy Creek and Helinox are recommended brands*)
- ❑ Camping pillow (*inflatable or very compact – note that a sleeping bag stuff sack filled with clothes works well, too*)
- ❑ Travel mug

#### **Personal Essentials**

- ❑ 1 Two-ounce bottle of hand sanitizer
- ❑ Personal toiletry items (*toothbrush, toothpaste, soap, brush/comb, etc. – pack shampoos & conditioners in small travel-size bottles*)
- ❑ Medium-sized quick-drying camp towel
- ❑ Lip balm (*with sun protection*)
- ❑ 1-2 packs of Moleskin blister prevention pads (*Dr. Scholl's is a recommended brand*)
- ❑ Sunglasses with leash (*Croakies is a recommended leash brand*)
- ❑ Extra pair of glasses/contacts (*as applicable*)

#### **Optional**

- ❑ Sun block (*leaders will have group sun block, but students are welcome to bring a small, personal bottle if they would prefer*)

## Other Essentials

- ❑ Spending money (\$40 to \$50 per week – our recommendation is to exchange money to both Euro and Swiss Francs before the trip for convenience and to avoid high exchange rates. If your child has an ATM card, they can withdraw Euro at a reasonable conversion rate from any ATM machine – check with your bank regarding any international transaction fees. Include money for laundry (approximately \$20) throughout the trip. Spending money can be put on a debit or travel gift card – note that many VISA gift cards do not work outside of the US – make sure yours does before purchasing it.)

### Optional

- ❑ Disposable or digital camera (*please do not plan to use a cell phone/smart phone as a camera*)
- ❑ Journal and pencil/pen
- ❑ Book for reading (*paperback recommended*)

## Recommended stores and websites for good deals and selection on gear

- ❑ Eastern Mountain Sports ([www.ems.com](http://www.ems.com))
- ❑ REI ([www.rei.com](http://www.rei.com))
- ❑ LL Bean ([www.llbean.com](http://www.llbean.com))
- ❑ Amazon ([www.amazon.com](http://www.amazon.com))
- ❑ Other local outdoor gear co-ops or second hand stores (e.g. Goodwill)

Just as important as what your child packs, we also want to specifically address items your child *should not* bring with them to their Apogee experience. **Please do not pack the following:**

- ❑ **Smart watches, Kindles, video games, or other electronic devices.** A cell phone is permitted for students traveling to the trip start by airplane, bus, or train but must be handed over to leaders upon arrival. If a student brings a cell phone, Apogee is not responsible for its damage or loss under any circumstances. *Please see our “Electronics and Personal Property Policy” document for more information.*
- ❑ **Bulky cotton items like sweatpants or denim clothing such as jeans.** They are heavy, take a long time to dry when wet, and can be dangerous in cold weather. Synthetic clothing is much more practical. It wicks moisture away in hot conditions and keeps you cool. In cold, wet conditions it will keep you dry and warm.
- ❑ **Knives or multi-tools of any kind.**
- ❑ **More than is suggested on the packing list.** Through years of experience, we feel confident that we recommend sufficient gear and clothing while minimizing unnecessary items. In general, students will have an opportunity to do laundry once per week while on trip.
  - ❑ Please stick to this equipment list and do not overpack. Because this trip is not van-supported, students must be able to comfortably carry everything they are bringing in their backpack – with additional room for group gear, tents, and food. Students should have roughly 20% of space remaining in their packs after packing everything into it.

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### Packing Instructions

#### **Packing Instructions:**

1. Please label everything with your child's name
2. This trip is not van-supported; the group will be using public transportation and their own two feet for all of their travel. This means that your child must be able to carry *everything* they are bringing in their backpack, with additional space (approximately 20%) available to carry group gear, tents, and food.
3. **If your child is flying:**
  - Please pack a lightweight drawstring bag or sturdy plastic bag with a change of clothes, any important medication, and a water bottle. This bag will act as their primary carry-on item on the plane. Please do not bring a separate day pack as a carry-on.
  - Students should carry-on their sleeping bag (as a personal item). We ask this so that your child has something to sleep in if their bag does not arrive on time.
  - Students should wear their hiking boots for plane travel.
  - Everything else should be checked in your child's hiking backpack to be checked.
  - When checking your child's hiking backpack, be sure to carefully tighten and secure all straps so nothing catches in transit. Some families have purchased a lightweight duffel bag meant for specifically traveling with large backpacks or secured the pack in a utility-strength plastic bag.