

APOGEE ADVENTURES

2023 Cape Cod & the Islands

Packing List

Please find the packing list for our *Cape Cod & the Islands* (CI) trip below. As always, be in touch with any questions about the items on this list, where to find them, or packing questions.

CI participants will have the option of either renting a bicycle and panniers or bringing their own. Delineated below are both the rental package and the equipment requirements if you elect to bring your own bike and/or panniers. You will complete another form on CampMinder where you will make your bike/pannier rental election (this form will be available around February 15).

(Optional) Bike Rental Package (\$230) (Does not include panniers, please see below)

- Bike (Sized and tuned)
- Installed rear bicycle rack
- 1 Water bottle cage
- 1 Spare tube
- 1 Combination bike cable lock

(Optional) Pannier (Saddlebag) Rental (\$50) (Can be rented without the bike package)

Bicycle and Pannier Requirements (if not selecting the rental package)

Students bringing their own bicycles must have them professionally tuned before trip start

- Well-maintained mountain, hybrid, or touring bicycle (*mountain bikes should have 'slicks' or road tires for mountain bikes*)
 - Installed rear bicycle rack with strong vertical stays (*not a rack attached to the seat or the Blackburn Trail Rack*)
 - 1 Spare tube that matches your tire size
 - 1 Durable combination bike cable lock
 - 1 Water bottle cages
 - 1 Pair of rear panniers (*40-45 liters / 2400-2800 cubic inches combined*)
- If you have questions about the suitability of your child's bicycle for Cape Cod & the Islands, please reach out to kevin@apogeeadventures.com.
 - Note that you are responsible for any repair costs associated with your child's bicycle while they are on trip.

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207.725.7025 or info@apogeeadventures.com

Cycling Essentials (Regardless of Equipment Rental Election)

- ❑ 1 Bicycle helmet (*please read our [blog entry on helmets](#)*)
- ❑ 1 Reflective triangle to wear while riding; *the [Jogalite Reflective Triangle](#) is recommended (must be ~6" tall)*
- ❑ 1 Rear tail light that can be clipped to a hydration pack, shirt, helmet, or pannier; *the [Cat Eye Omni 3](#) is recommended*
- ❑ 2 Bungee cords that are between two and three feet in length
- ❑ 1 21-25 oz. bicycle water bottles (*can be purchased at any bicycle shop*)

Optional

- ❑ One 2- to 3-liter water hydration pack; *the [Osprey Katari 3](#) is recommended. Keep it simple and stay away from packs with lots of pockets. The pack's primary function is to hold water, not carry gear.*
- ❑ Handlebar bag (*for easy access to sun block, camera, snacks etc.*)
- ❑ Cycling gloves (*highly recommended*)

Clothing Essentials (Check out our [Gear Store](#) for Apogee-branded apparel and gear)

- ❑ 4-5 Pairs of underwear, 3-4 sports bras (*as necessary*)
- ❑ 4-5 Pairs of socks (*synthetic recommended*)
- ❑ 3 Riding shirts (*these should be synthetic, high-visibility t-shirts or high-visibility bicycle jerseys*)
- ❑ 2 T-shirts for wearing around camp (*can be synthetic or cotton*)
- ❑ 4 Pairs of athletic or synthetic shorts (not heavy cotton cargo or jean shorts. *Two pairs for riding, two pairs for wearing around camp*)
- ❑ 2-3 Pairs athletic/synthetic underwear (*to be worn under synthetic shorts while riding*)
- ❑ 1 Long-sleeved synthetic shirt
- ❑ 1 Medium weight fleece or synthetic fiberfill jacket, either zip or pullover
- ❑ 1 Waterproof 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 medium weight synthetic pants
- ❑ 1 Quick-drying swimsuit
- ❑ 1 Pair of shoes for cycling (*running, all-terrain, or tennis shoes*)
- ❑ 1 Pair of sandals for off-bike activities (*Teva, Chaco, and Crocs are recommended brands*)
- ❑ 1 Winter hat, wool or synthetic
- ❑ 1 Baseball cap or sun hat

Optional

- ❑ 1 Pair of pajamas (*a cotton t-shirt and boxer shorts work well*)
- ❑ 1 Pair of full-fingered fleece/synthetic gloves
- ❑ 2 Pairs of padded cycling shorts (*if you are bringing cycling shorts, bring two fewer pairs of athletic/synthetic shorts, and no athletic/synthetic underwear*)

Camping Essentials

- ❑ 1 Synthetic, medium weight, mummy sleeping bag (*30° temperature rating - it should be compressible and weigh no more than 3.5 pounds*)
- ❑ 1 Waterproof compression/stuff sack for sleeping bag
- ❑ 1 [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*)
- ❑ 1 Tupperware/Rubbermaid/[plastic bowl](#) (6" to 8") with lid and cutlery (*will serve as a plate and bowl*)
- ❑ 1 Headlamp with two sets of extra batteries
- ❑ 1 32 oz. water bottle (*Nalgene is a recommended brand. This is in addition to water carrying options listed under cycling essentials.*)

- ❑ 10 Re-sealable plastic freezer bags (*two-gallon size for keeping clothing or other items organized and dry*)
 - Optional**
 - ❑ Camping pillow (*inflatable or very compact – 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. The toiletry bottles can be replenished during the trip*)
- ❑ Small bath, camp, or quick-dry towel
- ❑ Lip balm (*with sun protection*)
- ❑ Sunglasses with leash ([Crookies](#) is a recommended leash brand)
- ❑ Extra pair of glasses/contacts (if applicable)
 - Optional**
 - ❑ Sun block & insect repellent (*leaders will have group sun block and bug spray, but students are welcome to bring a small, personal bottle if they would prefer*)

Other Essentials

- ❑ Spending money (*\$25 to \$35 per week – please bring \$10 in quarters for showers and laundry*)
 - 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)
- ❑ REI (www.rei.com)
- ❑ LL Bean (www.llbean.com)
- ❑ Amazon (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. 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. 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.

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Packing Instructions

Packing Instructions:

1. Please label everything with your child's name
2. Please pack your child's belongings into a large, soft-sided duffel (please don't use a hard-bottom, rolling duffel). At the trip start, our leaders will help your child transfer their gear into their panniers (Apogee will supply any rental panniers at this time), and the duffel will be returned at the end of the trip.
3. All of our bike trips are self-supported, which means that students and their leaders will carry their clothing, cooking gear, tents, etc. on their bikes. For this reason, please stick to the equipment list and do not overpack. Again, leaders will thoroughly explain how to properly pack panniers at the start of the trip.
4. **If your child is flying:**
 - Please pack a drawstring bag or sturdy plastic bag with their bike helmet, a change of clothes, any important medication, and a water bottle. This bag will act as their primary carry-on item on the plane.
 - 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.
 - Everything else should be in the duffel and the duffel should be checked.