

APOGEE ADVENTURES

2023 Costa Rica Mountains & Coast

Packing List

Please find the packing list for our *Costa Rica Mountains & Coast* (CRMC) trip below. As always, be in touch with any questions about the items on this list, where to find them, or packing questions.

Travel Document Essentials

- ❑ **Valid Passport** (***Must be valid for 90 days past the date of entry into Costa Rica – should be valid for a full six months past the date of entry***)
- ❑ **Declaration of Consent to Travel** (*Available through CampMinder in February – See Forms to Return and Travel Information for more information – students should carry the original copy with them on travel day*)

Hiking Essentials

- ❑ **Sturdy, well-broken-in* hiking boots or hiking shoes**
**The importance of breaking in your boots ahead of time cannot be overstated – your trip could be cut short by bad blisters.*
- ❑ **Medium-sized backpack** – (*40-65 liters / 2500-4000 cubic inches – most school backpacks are about 30 liters / 2000 cubic inches and will be too small to carry four days-worth of clothing and gear. Osprey and Gregory are recommended brands*)
- ❑ **Day Pack** (*25-35 liters / 1600-2200 cubic inches – most school backpacks fall in this range and will work well.*)
- ❑ **Medium to large duffel bag** (*soft-sided, 90-120 liters – this will act as a storage locker. A hard-bottomed, rolling duffel is fine.*)
- ❑ **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.*

Optional

- ❑ **2.5 to 3-liter hydration reservoir** (*just the reservoir to be inserted into hiking backpack - CamelBak or Osprey are recommended brands*)
- ❑ Telescoping hiking poles (*Leki is a recommended brand*)

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

Please take the warm layers listed below seriously – it can get chilly in the evenings for portions of the trip.

- ❑ 5-6 T-shirts (*at least four should be synthetic/non cotton*)
- ❑ 3 Pairs of shorts (*synthetic - not heavy, cotton cargo shorts*)
- ❑ 5-6 Pairs of underwear, 3-4 sports bras (*as necessary*)
- ❑ 5-6 Pairs of socks (*synthetic or wool blend – do not bring cotton. Smartwool and Darn Tough are recommended brands*)
- ❑ 1 Long-sleeved wool or synthetic shirt
- ❑ 1 Light-weight fleece jacket or pullover
- ❑ 1 Pair of lightweight synthetic pants (*“joggers” work well*)
- ❑ 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.*
- ❑ 2 Quick-drying swim suits

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- ❑ 1 Pair of sport sandals or sneakers for around camp (*Teva, Keene, and Chaco are recommended brands - flip-flops are not adequate*)
- ❑ 1 Baseball cap or sun hat
- ❑ Work gloves for community service
 - Optional**
 - ❑ 1 Pair of pajamas (*a cotton t-shirt and boxer shorts work well*)
 - ❑ 1 Pair of waterproof pants
 - ❑ 1 Pair of flip-flops (in addition to sport sandals, not to replace them)

Gear Essentials

- ❑ 1 Lightweight sleeping bag liner (*you will not need a full sleeping bag for this trip*)
- ❑ Compression/stuff sack for sleeping bag liner
- ❑ 2 one-liter plastic or stainless steel water bottles (*Nalgene is a recommended brand*)
- ❑ 1 Tupperware/Rubbermaid/[plastic bowl](#) (6" to 8") with lid and cutlery (*will serve as a plate and bowl*)
- ❑ [Headlamp](#) with one set of extra batteries
- ❑ Waterproof backpack cover (*or 2 heavyweight garbage bags*)
- ❑ 6-8 Re-sealable plastic freezer bags (*two-gallon size for keeping clothing or other items organized and dry*)
 - Optional**
 - ❑ 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*).
- ❑ 1 Beach towel
- ❑ 1 Medium-sized quick-drying camp towel (*Aquis and PackTowl are recommended brands*)
- ❑ Sun block (*SPF 30 or higher*)
- ❑ Lip balm (*with sun protection*)
- ❑ Insect Repellent with DEET
- ❑ Sunglasses with leash (*Croakies is a recommended leash brand*)
- ❑ Extra pair of glasses/contacts (*as applicable*)
 - Optional**
 - ❑ [Permethrin spray](#) (*a readily available insect repellent applied to clothing*)

Other Essentials

- ❑ Spending money (*we recommend no more than \$75 for the trip. If you plan on sending cash with your child, please send US Dollars, not Costa Rican Colónes, as many vendors prefer USD. If your child has an ATM card, they can withdraw U.S. Dollars or Costa Rican Colónes at a reasonable conversion rate from any ATM machine – check with your bank regarding any international transaction fees. Include money for laundry (approximately \$10). 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.*)
 - 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. *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.

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Packing Instructions

Packing Instructions:

1. Please label everything with your child's name
2. Please pack your child's belongings (including their empty hiking backpack) into the duffel. The trip leaders will oversee packing for each portion of the trip.
3. The group will have safe places to store extra luggage at each destination. With the exception of the eco-lodge portion of the trip, your child will keep their day-to-day belongings in their duffel bag over the course of the trip. During the eco-lodge section, students will pack items into their hiking backpack (packing for this portion will be thoroughly explained by the leaders). Anything not necessary for the eco-lodge portion can be stored in duffels during that time.
4. **If your child is flying:**
 - Please pack the day pack with a change of clothes, any important medication, and a water bottle. The day pack will act as their primary carry-on item on the plane.
 - Students should wear their hiking boots for plane travel.
 - Everything else should be in the duffel and the duffel should be checked.