

APOGEE ADVENTURES

2023 Caribbean Service

Packing List

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

Service Work Essentials

- ❑ **Sturdy, well-broken-in hiking shoes, trail runners, or other sturdy closed-toed shoes.**
- ❑ **Day pack (25-35 liters / 1600-2200 cubic inches – most school backpacks fall in this range and work fine)**
- ❑ **Medium to large duffel bag (soft-sided, 90-120 liters – this will act as a storage locker)**
- ❑ **Safety whistle with lanyard (to wear around your neck while hiking)**
- ❑ **1 Pair of sturdy work gloves**

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

- ❑ 5-6 T-Shirts (*at least 2 should be synthetic/non cotton*)
- ❑ 4-5 Pairs of shorts (*preferably synthetic - not heavy, cotton cargo shorts*)
- ❑ 5-6 Pairs of underwear, 3-4 sports bras (*as necessary*)
- ❑ 5-6 Pairs of socks (*preferably synthetic or wool blend - Smartwool and Darn Tough are recommended brands*)
- ❑ 1 Pair of work pants (*not double-lined, heavy cargo pants or jeans – bring lightweight pants you don't mind getting paint on*)
- ❑ 2 Swimsuits
- ❑ 1 Long-sleeved synthetic shirt (*do not ignore – very important as a rash guard for surfing*)
- ❑ 1 Lightweight sweatshirt or fleece pullover
- ❑ 1 Weatherproof shell jacket (*should be made of coated nylon, Gore-Tex, H2NO, or another wind- and waterproof material*) – Note that **water resistant** is not **waterproof**; water resistant is insufficient.
- ❑ 1 Pair of sport sandals for around camp, swimming, and kayaking – (*Teva, Keene, and Chaco are recommended brands - **flip-flops are not adequate***)
- ❑ 1 Pair of sneakers (*“grubby” sneakers are better, as they may get dirty*)
- ❑ 1 Baseball cap or sun hat

Optional

- ❑ 1 Pair of flip-flops (*for the beach or for wearing around accommodations – does not substitute for sport sandals*)
- ❑ 1 Pair of pajamas (*a cotton t-shirt and boxer shorts work well*)
- ❑ 1 Pair of casual pants
- ❑ 1 Pair of waterproof pants

Gear Essentials

- ❑ 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*)
- ❑ Lightweight [sleeping bag liner](#) (*given the warm Caribbean climate, this will be all that is needed on many nights – note that you do not need a sleeping bag on this trip*)
- ❑ Headlamp with two sets of extra batteries

Apogee Adventures, PO Box 505, Brunswick, ME 04011
207.725.7025 or info@apogeeadventures.com

Optional

- ❑ [2.5- to 3-liter hydration reservoir](#) (*just the reservoir to be inserted into backpack*)

Personal Essentials

- ❑ 1 Two-ounce bottle of hand sanitizer
- ❑ Personal toiletry items (*toothbrush, toothpaste, travel-size soap, travel-size shampoo, brush/comb, etc.*)
- ❑ 1-2 medium-sized beach towels
- ❑ Sun block (*SPF 30 or higher*)
- ❑ Lip balm (*with sun protection*)
- ❑ Insect repellent with DEET
- ❑ Sunglasses with leash (*Croakies are 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 \$60 for the trip*)

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*)
- ❑ Deck of Cards

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. Students will have the opportunity to do laundry once on the 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 the duffel.
3. This trip is van-supported - meaning that students will be transported from point to point in a van. Your child will keep their belongings in their duffel bag over the course of the trip.
4. **If your child is flying:**
 - Please pack the backpack with a change of clothes, any important medications, and a water bottle. The backpack will act as their primary carry-on item on the plane.
 - Everything else should be in the duffel and the duffel should be checked.