

APOGEE ADVENTURES

2024 Caribbean Service: Virgin Islands

Packing List

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

Please review our [Gear Recommendations](#) blog post with our more specific recommendations for many of the items on the packing list.

Service Work Essentials

- ❑ **Sturdy, well-broken-in hiking shoes, 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. A hard-bottomed, rolling duffel is fine.)
- ❑ **Safety whistle with lanyard** (to wear around your neck while hiking)
- ❑ **2 Pairs of sturdy work gloves**

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

- ❑ 4-5 T-Shirts (at least 2 should be synthetic/non cotton)
- ❑ 3-4 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)
- ❑ 2 Pairs of work pants (not double-lined, heavy cargo pants or jeans – bring lightweight pants or leggings you don't mind getting dirty)
- ❑ 2 Swimsuits
- ❑ 2-3 Long-sleeved synthetic shirts (important for sun protection, as sun protection for snorkeling, and for service partners who require long-sleeves)
- ❑ 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 with heel strap for water activities – (**flip-flops are not adequate**)
- ❑ 1 Baseball cap or sun hat

Optional

- ❑ 1 Pair of additional footwear (sneakers, sandals, or flip-flops will work fine. Mostly for wearing around accommodations, to the beach, or while exploring town)
- ❑ 1 Pair of pajamas (a cotton t-shirt and boxer shorts work well)

Gear Essentials

- ❑ 2 One-liter plastic or stainless steel water bottles
- ❑ 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

Personal Essentials

- ❑ **Valid Proof of Legal Residency for re-entering the US from St. Croix** (*note that you will not need this identification to enter St. Croix, as it is a US Territory, but US Customs and Border Protection requires travelers leaving St. Croix for the US to have one of the following documents or combinations of documents*)
 - ❑ Passport or passport card OR
 - ❑ A driver's license or other state-issued ID (such as a learner's permit) OR
 - ❑ Copy of birth certificate AND Photo ID (*school ID works well*) AND Green Card (*if necessary*)
 - ❑ **Declaration of Consent to Travel** (*Available through CampMinder – students should carry the original copy with them*)
 - ❑ 1 Travel-size bottle of hand sanitizer
 - ❑ Personal toiletry items (*toothbrush, toothpaste, travel-size soap, travel-size shampoo, brush/comb, etc.*)
 - ❑ 1-2 medium-sized beach towels
 - ❑ Reef-safe sun block (*SPF 30 or higher. Note that sun block containing oxybenzone is strictly prohibited in the USVI due to the [harm it poses to coral reefs](#). Oxybenzone-free sun block can be purchased throughout St. Croix. [Banana Boat](#), [Sun Bum](#), [Neutrogena](#) and [Coppertone](#) are recommended brands*)
 - ❑ Lip balm (*with sun protection*)
 - ❑ Insect repellent with DEET
 - ❑ Sunglasses with leash
 - ❑ 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*)
- 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

Remember to check out our [Gear Recommendations](#) blog post for links to many of the items on this list!

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.

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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; they will keep their items here for the whole trip and will have access to the bag for the entirety of the trip.
3. **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.