APOGEE ADVENTURES
2023 Maine's Downeast Explorer
Packing List

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

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 one week of backpacking on moderate 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 55-75 liters / 3500-4500 cubic inches - **55 liters is the minimum size** - and suitable for 3-4 days of backpacking. Please make sure to have the pack adjusted to fit you. 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

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

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

- ❑ 5-6 T-Shirts *(at least 3 should be synthetic/non cotton)*
- ❑ 2-3 Pairs of shorts *(synthetic - not heavy, cotton cargo shorts)*
- ❑ 6-7 Pairs of underwear, 3-4 sports bras *(as necessary)*
- ❑ 3-4 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 Synthetic long underwear top and bottom *(medium weight, long sleeve – do not bring cotton)*
- ❑ 1 Medium-weight, down or synthetic fill, packable, insulating jacket
- ❑ 1 Waterproof 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 leggings or lightweight pants
- ❑ 1 Quick-drying swimsuit
- ❑ 1 Fleece or wool hat
- ❑ 1 Pair of wool or synthetic mittens or gloves

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- ❑ 1 Pair of lightweight sport sandals with heel strap for around camp, swimming, and kayaking (*Chacos and Teva are recommended brands*)
- ❑ 1 Pair of sneakers for around camp and exploring towns
- ❑ 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 to prevent blisters)*
- ❑ 1 Pair of waterproof pants

Camping Essentials

- ❑ Synthetic, medium weight, mummy sleeping bag *(20° to 30° temperature rating - it should be compressible and weigh no more than 3.5 pounds)*
- ❑ Waterproof compression/stuff sack for sleeping bag
- ❑ 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 and two sets of extra batteries
- ❑ Straps for securing sleeping pad to pack *(if necessary)*
- ❑ Waterproof backpack cover *(or two heavyweight garbage bags)*
- ❑ 6-8 Re-sealable plastic freezer bags *(two-gallon size for keeping clothing or other items organized and dry)*

Optional

- ❑ 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)*
- ❑ Quick-drying 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 & 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 *($40-$50 – 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. *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 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 majority of this trip is van-supported - meaning that students will be transported from point to point in a van. With the exception of the backpacking 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 backcountry section, students will pack items into their hiking backpack (packing for the backcountry will be thoroughly explained by the leaders). Anything not necessary for the backcountry portion can be stored in duffels.
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 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 in the duffel and the duffel should be checked.