

APOGEE ADVENTURES

2024 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.

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

Hiking Essentials

- ❑ **Sturdy, well-broken-in*** hiking boots or hiking shoes (*not running or basketball shoes – must be appropriate for three days of backpacking with 30-40 pounds on moderate terrain. See our blog on [hiking footwear](#) if you have questions about what is appropriate.*)
**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 three days of backpacking. Please make sure to have the pack adjusted to fit you*)
- ❑ **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*)

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

- ❑ 3-4 Hiking shirts (*synthetic/non-cotton and at least one long sleeve*)
- ❑ 1-2 Shirts for wearing around camp (*can be cotton and short or long sleeve*)
- ❑ 2-3 Pairs of shorts (*synthetic - not heavy, cotton cargo shorts*)
- ❑ 6-7 Pairs of underwear, 3-4 sports bras (*as necessary*)
- ❑ 4-5 Pairs of socks (*synthetic or wool blend – do not bring cotton*)
- ❑ 1 Synthetic long underwear top and bottom (*medium weight, long sleeve*)
- ❑ 1 Medium-weight fleece jacket, pullover, or synthetic hooded sweatshirt
- ❑ 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.
- ❑ 1-2 Pairs of leggings or lightweight, synthetic pants
- ❑ 1 Quick-drying swimsuit
- ❑ 1 Fleece or wool hat
- ❑ 1 Pair of wool or synthetic mittens or gloves
- ❑ 1 Pair of lightweight sport sandals with heel strap for around camp, swimming, and kayaking

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- ❑ 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 sleeping bag (*20° temperature rating - it should be compressible and weigh no more than 3.5 pounds*)
- ❑ Waterproof compression/stuff sack for sleeping bag (*if sleeping bag comes in a compression stuff sack, a garbage bag can be used for waterproofing*)
- ❑ Inflatable or closed-cell foam sleeping pad (*closed-cell foam pad should be no larger than 1 ½" x 30" x 72" when unrolled*)
- ❑ 2 One-liter plastic or stainless steel water bottles
- ❑ 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

- ❑ Lightweight and packable camping chair
- ❑ Camping pillow (*inflatable or very compact – note that a sleeping bag stuff sack filled with clothes works well, too*)
- ❑ Travel mug

Personal Essentials

- ❑ 1 Travel-size bottle of hand sanitizer
- ❑ Personal toiletry items (*toothbrush, toothpaste, soap, small 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
- ❑ Sunglasses with leash
- ❑ Extra pair of glasses/contacts (as applicable)
- ❑ Personal Bug Net

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*)
- ❑ 10-12 Gallon Freezer Bags

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*)

Remember to check out our [Gear Recommendations](#) blog post for links to many of the items on this packing 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 (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 must carry-on their sleeping bag (as a personal item). We ask this so that your child has something to sleep in if their duffel does not arrive on time. *Optional:* If you'd also like to carry on your sleeping pad, you can tape your sleeping pad and bag together (so that they only count as one carry-on item).
 - Students should wear their hiking boots for plane travel.
 - Everything else should be in the duffel and the duffel should be checked.