

APOGEE ADVENTURES

2024 Europe Coast to Coast

Packing List

Please find the packing list for our *Europe Coast to Coast* (ECC) 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.

Bicycles must be professionally tuned before trip start.

Pannier (Saddlebag) Rental Available (\$125) – Please complete the Equipment Rental form on your CampMinder Account (available in mid-February)

Travel Document Essentials

- ❑ **Valid Passport** (***must be valid for 90 days past the date of entry into the Netherlands – should be valid for a full six months past the date of entry***)
- ❑ **Declaration of Consent to Travel** (Available through CampMinder in February – students should carry the original copy with them on travel day)

Cycling Essentials:

- ❑ **Touring bicycle** – We have listed the names (with hyperlinks) of a few touring bicycles that we recommend.

[Fuji Touring](#)
[Kona Sutra](#)

[Salsa Marrakesh](#)
[Surly Disc Trucker](#)

[Marin Four Corners](#)

This is by no means an exhaustive list, but if you are thinking about using a different touring or adventure bicycle, please email Kevin at kevin@apogeeadventures.com to make sure it is appropriate for this trip. A few requirements are below:

- *Front and back wheels must have at least 32 spokes.*
- *Make sure the rear wheel has been properly trued by a bicycle mechanic before the trip start and is strong enough to support a rider and added weight over 1200 miles.*
- *Bicycle tires need to be from 700 x 32 to 700 x 40 mm in width.*
- ❑ **Installed rear bicycle rack** that connects to the frame at four points with strong vertical stays (Not a rack attached to the seat post. Also, please do not bring a front rack and front panniers even if you already have them for your bicycle – they are unnecessary for this trip).
- ❑ 1 Pair of rear panniers (40-45 liters / 2400-2800 cubic inches combined) – rental available (see above)
- ❑ 1 Bicycle helmet (please read our [blog entry on helmets](#))
- ❑ 1 Reflective triangle to wear while riding (to be attached to the back of a riding shirt or hydration pack – must be ~6” tall)
- ❑ 1 Rear tail light (to be attached to the back of the helmet – Apogee staff will help attach the tail light at the trip start)
- ❑ 4 Spare tubes that match your tire size
- ❑ 1 Spare tire (please purchase a good, folding touring tire); we recommend the [Continental Gatorskin – 32mm](#).
- ❑ 2 Water bottle cages (should be installed before the bike is packed for transit to Europe)

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

- ❑ 2 Bicycle water bottles (*should be able to fit into your water bottle cages*)
- ❑ 2 Bungee cords between two and three feet in length
- ❑ 1 Pair of well-padded cycling gloves
- ❑ 1 Bicycle cable lock (*a medium strength combination lock is recommended*)
- ❑ 1 Two- or Three-Liter water hydration pack (*keep it simple and stay away from packs with lots of pockets. The primary function of the pack is to hold water, not carry gear.*)
- ❑ 1 Pair of clip-in or cage pedals
 - Optional**
 - ❑ 1 Cycling computer
 - ❑ 1 Handlebar bag (*recommended - for easy access to sunblock, camera, snacks etc.*)

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

Note that you will have a chance to do laundry every 4-5 days

- ❑ 4 Pairs of underwear, 3-4 Sports bras (*as necessary*)
- ❑ 4 Pairs of socks (*synthetic recommended*)
- ❑ 3 Riding shirts (these should be synthetic, high-visibility t-shirts or high-visibility bicycle jerseys)
- ❑ 2 T-shirts for wearing around camp (can be synthetic or cotton)
- ❑ 1 Long-sleeved synthetic shirt
- ❑ 1 Wool or synthetic long underwear top and bottom (*medium weight, long sleeve*)
- ❑ 1 Medium-weight, down or synthetic fill, packable, insulating jacket
- ❑ 1 Waterproof 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.*
- ❑ 3 Pairs of padded cycling shorts
- ❑ 1 Pair of leggings or lightweight, synthetic pants
- ❑ 2 Pairs of athletic or synthetic shorts - not heavy cotton cargo or jean shorts
- ❑ 1 Quick-drying swimsuit (*can also substitute with synthetic shorts and sports bra*)
- ❑ 1 Pair of shoes for cycling (*running, all-terrain, tennis or cycling specific shoes with cleats to match clip-in pedals are fine*)
- ❑ 1 Pair of sport sandals with a heel strap for off bike, around camp, swimming, etc. (*flip flops are not adequate*)
 - Optional**
 - ❑ 1 Pair of pajamas (*a cotton t-shirt and boxer shorts work well*)
 - ❑ 1 Baseball cap or sun hat
 - ❑ 1 Pair of waterproof rain pants
 - ❑ 1 Winter hat, wool or synthetic
 - ❑ 1 Pair of long-fingered fleece gloves (*for cold weather*)

Camping Essentials

- ❑ 1 Synthetic, medium weight sleeping bag (*20° or 30° temperature rating - it should be compressible and weigh no more than 3.5 pounds*)
- ❑ 1 Waterproof compression/stuff sack for sleeping bag (*if sleeping bag comes in a non-waterproof compression stuff sack, a garbage bag can be used for waterproofing*)
- ❑ 1 Inflatable sleeping pad
- ❑ 1 Tupperware/Rubbermaid/plastic bowl (6" to 8") with lid and cutlery (*will serve as a plate and bowl*)
- ❑ 1 Headlamp with one set of extra batteries
 - Optional**
 - ❑ Camping pillow (*inflatable or very compact – note that a sleeping bag stuff sack filled with clothes works well, too*)
 - ❑ Travel mug

Personal Essentials

- ❑ Personal toiletry items (*toothbrush, toothpaste, soap, brush/comb, etc. – pack shampoos & conditioners in small travel-size bottles. The toiletry bottles can be replenished during the trip.*)
- ❑ Medium-size quick-drying camp towel
- ❑ Lip balm (*with sun protection*)
- ❑ Sunglasses
- ❑ Extra pair of glasses/contacts (*as applicable*)

Optional

- ❑ Sun block & insect repellent (*trip leaders will have group sun block and bug spray, but students are welcome to bring a small, personal bottle if they would prefer*)
- ❑ Leash for sunglasses

Other Essentials

- ❑ Cardboard box to serve as a checked bag (*do not bring a suitcase or a duffel bag, as we dispose of the boxes at trip start and use new ones to pack into at trip end.*)
- ❑ Spending money (*not more than \$30 per week for showers, laundry, and souvenirs. If you plan on sending cash with your child, please make sure it is already converted to Euros – if possible, having some of the converted cash as coins can be helpful for paying for laundry and showers. ATM/Debit Cards both work well as an alternative to sending cash, just be sure that they work internationally.*)
- ❑ **Contingency fund (\$500 on a DEBIT, PRE-PAID DEBIT, OR GIFT CARD with Visa/Mastercard logo for emergency bicycle repairs, unforeseen situations involving the student, and end of trip baggage fees. Funds will only be used as necessary and will be returned at the end of the trip. The contingency fund can be included on a student's debit/ATM card if they bring one. Please make sure your child knows the PIN for their debit card. NOTE: Many Visa/Mastercard Gift Cards **do not work outside of the US.**)**

Optional

- ❑ Disposable or digital camera (*please do not plan to use a cell phone/smart phone as a camera*)
- ❑ Charger for digital camera/GoPro/any approved electronic device you're bringing (*with European plug adapter*)
- ❑ 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. In general, students will have an opportunity to do laundry once per week while on trip.

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Packing Instructions

Gear Packing Instructions:

1. Please label everything with your child's name
2. All of our bike trips are self-supported, which means that students and their leaders will carry their clothing, cooking gear, etc. on their bikes. Leaders will thoroughly explain how to properly pack panniers at the start of the trip. If you are curious about what the bike-packing process looks like at the trip start, check out our [bike-packing video](#).
 - While this trip is self-supported, Apogee maintains a dedicated support staff member and vehicle for this trip to provide assistance in the event of medical or mechanical exigency. This vehicle does not, however, carry any personal or group equipment.
3. **If your child is flying:**
 - Please pack a drawstring bag or sturdy plastic bag with their helmet, a change of clothes, any important medication, and a water bottle. This bag will act as their primary carry-on item on the plane. If your child is using cycling-specific shoes, these should also be carried-on.
 - 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. *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).
 - Please pack your child's remaining gear in their panniers, which should be checked on the plane by putting them in a single cardboard box, **not a duffel bag**. If you are renting panniers from Apogee, your child's gear should go straight into a cardboard box, ***not a duffel bag***. Once your child arrives in Amsterdam, they'll get a chance to pack their gear into their rental panniers at the campground. If you send gear in a duffel bag, we have no storage for it and will dispose of it.

Bicycle Packing Instructions

Your bike must be boxed **before** you travel to the airport; you can box it yourself or pay a bike store a fee to do it for you (typically \$60-\$100). **Do not transport your bicycle in a hard shell case as we have no way to deliver it to trip's end.**

To box your bike yourself:

1. Call ahead and pick up a cardboard bike box at a local bike store (they give them away for free so ask for the biggest box they have).
2. Shift your gears so that the chain is in the biggest cog in the back and in the front. Typically this is 3 (left shifter):1 (right shifter).
3. Remove the seat and seat post by either loosening the quick release lever or the bolt.
4. Remove the pedals (*the left pedal is loosened by turning it clockwise*) as well as the front wheel (keep the back wheel on).
5. Loosen the handlebar stem bolt and lift the handlebars out of the frame (the brake cable housings will probably stretch when you do this).
6. **OPTIONAL BUT WISE:** Wrap the bike's frame with bubble wrap.
7. Lift the bike into the box by turning the handlebars sideways and placing them on top of the bicycle's top tube (the horizontal tube of the bike frame).
8. Don't forget to secure the pedals, seat and post inside the box before closing it.

Apogee leaders will help arriving students assemble their bicycles at trip start and with obtaining boxes and packing bikes at trip's end.