

APOGEE ADVENTURES

2023 Iceland Mountains & Coast

Packing List

Please find the packing list for our *Iceland Mountains & Coast* (IMC) trip. As always, be in touch with any questions about the items on this list, where to find them, or packing questions.

Travel Document Essentials

- ❑ **Valid Passport** (*Must be valid for 90 days past the date of entry into Iceland – should be valid for a full six months past the date of entry*)
- ❑ **Declaration of Consent to Travel** (*Available through CampMinder in February – See Forms to Return and Travel Information for more information – students should carry the original copy with them on travel day*)

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 two weeks of hiking on moderate to steep rocky terrain*).
**The importance of breaking in your boots ahead of time cannot be overstated – your trip could be cut short by bad blisters.*
- ❑ **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

- ❑ [2.5- to 3-liter hydration reservoir](#) (*just the reservoir to be inserted into hiking backpack - Camelbak or Osprey are recommended brands*)
- ❑ Day pack (*25-35 liters / 1600-2200 cubic inches – most school backpacks will work well*)
- ❑ Telescoping hiking poles (*Leki is a recommended brand*)

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

Please take the warm layers listed below seriously – it can get chilly in the evenings.

- ❑ 4-5 T-shirts (*at least 3 should be synthetic/non-cotton*)
- ❑ 2 Pairs of athletic/synthetic shorts (*not* heavy, cotton cargo shorts - can double as a swim suit)
- ❑ 6-7 Pairs of underwear, 4-5 sport bras (*as necessary*)
- ❑ 6 Pairs of socks (*synthetic or wool blend socks – do not bring cotton. Smartwool and Darn Tough are recommended brands*)
- ❑ 1 Long-sleeved wool or synthetic shirt
- ❑ 1 Wool or synthetic long underwear top and bottom (*medium weight, long sleeve – do not bring cotton*)
- ❑ 1 Medium-weight, down or synthetic fill, packable, insulating jacket ([see this link for an example](#))
- ❑ 1 Weatherproof 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.

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- ❑ 1 Pair of waterproof pants
- ❑ 2 Pair of lightweight pants or leggings (*one should be a synthetic pair of hiking pants*)
- ❑ 1 Quick-drying swimsuit (*can also substitute with synthetic shorts and sports bra*)
- ❑ 1 Fleece or wool hat
- ❑ 1 Pair of wool or synthetic mittens or gloves
- ❑ 1 Pair of sandals for sport sandals with heel strap for around camp and kayaking (*Crocs, Chacos, and Teva are recommended brands —flip-flops are not adequate*).
- ❑ 1 Baseball cap or sun hat

Optional

- ❑ 1 Pair of pajamas (*a cotton t-shirt and boxer shorts work well*)
- ❑ 1 Pair of liner socks (*for helping prevent blisters*)
- ❑ Students may also bring one extra outfit for travel at the end of their trip.

Camping Essentials

- ❑ Synthetic, medium weight, mummy style sleeping bag (**30° 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, 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 (*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 with one set of extra batteries
- ❑ Waterproof backpack cover (*or two heavyweight garbage bags*)
- ❑ 6-8 Re-sealable plastic freezer bags (*two-gallon size for keeping clothing or other items dry and organized*)

Optional

- ❑ [Small, packable sleeping bag liner](#)
- ❑ Lightweight and packable 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

- ❑ Personal toiletry items (*toothbrush, toothpaste, soap, brush/comb, etc. – pack shampoos & conditioners in small travel-size bottles*)
- ❑ Medium-sized quick-drying camp 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)
- ❑ Sun block (SPF 30 or higher)

Other Essentials

- ❑ Spending money (*we recommend no more than \$75 for the trip – consider exchanging money to Krona before the trip to avoid high exchange rates. If your child has an ATM card, they can withdraw Krona at a reasonable conversion rate from any ATM machine – check with your bank regarding any international transaction fees. Include money for laundry (approximately \$10) throughout the trip.*)

Spending money can be put on a debit or travel gift card – note that many VISA gift cards do not work outside of the US – make sure yours does before purchasing it.)

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*)

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 per week while on trip.
 - ❑ As there is no dedicated vehicle for this trip, there is no place to store excess gear throughout the trip. Please stick to this packing list and do not over-pack.

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Packing Instructions

Packing Instructions:

1. Please label everything with your child's name
2. This trip is not van-supported; the group will be using private shuttles and their own two feet for all of their travel. Your child will keep their day-to-day belongings in their duffel bag over the course of the trip, but will need to pack everything up into their duffel and day pack while the group is shuttled from one camp to the next.
3. **If your child is flying:**
 - Please pack your child's day pack with a change of clothes, any important medication, and a water bottle. This bag 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 your child's duffel and the duffel should be checked.