

# APOGEE ADVENTURES

## 2023 Maine Coast College Essay

### Packing List

Please find the packing list for our *Maine Coast College Essay* (MCCE) trip below. As always, be in touch with any questions about the items on this list, where to find them, or packing questions.

#### Essay Program Essentials

*(Students are responsible for safekeeping of their property)*

- A laptop computer, with word-processing software installed, in a padded case and/or padded backpack (*Google Docs is not sufficient, as Wi-Fi will not always be available throughout the program*)
- Power cord for computer
- USB Flash Drive (1 GB+) for backup of outlines and essays
- Personal journal or notebook, pencil/pen

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

- 7 Pairs of underwear, 3-4 bras or sports bras (*as necessary*)
- 6 Pairs of socks (*two pairs of synthetic or wool blend - Smartwool and Darn Tough are recommended brands*)
- 4-5 Casual outfits - In addition to shirt/shorts combos, be sure to pack:
  - 2 Medium-weight sweatshirts or fleeces
  - 2 Pairs of pants
- 1 Synthetic long-sleeved shirt
- 1-2 Synthetic short-sleeved shirts
- 1-2 Pairs synthetic shorts
- 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 Quick-drying swimsuit
- 1 Pair pajamas/sleepwear (*a cotton t-shirt and boxer shorts work well*)
- Sturdy closed-toed shoes for hiking and walking on trails (*sneakers are okay*)
- 1 Pair of flip-flops or sport sandals for beach, around the dorms, and kayaking (*Teva, Chaco, and Keen are recommended brands*)

#### Optional

- 1 Workout outfit (*if you would like to run or work-out during down time on trip*)

#### Outdoor Essentials

- Medium to large duffel bag or rolling suitcase (*90-120 liters – this will act as a storage locker*)
- Day pack (*1600 to 2200 cubic inches – most school backpacks are within this size range and will work well*)
- 2 One-liter plastic or stainless steel water bottles (*Nalgene is a recommended brand*)
- Headlamp with one set of extra batteries
- Baseball cap or sun hat

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207.725.7025 or [info@apogeeadventures.com](mailto:info@apogeeadventures.com)

## Dorm Essentials

- ❑ Sleeping bag (30° to 40° temperature rating)
- ❑ Pillow and pillow case
- ❑ 2 Towels (*one beach and one bath*)
- ❑ Tupperware/Rubbermaid/[plastic bowl](#) (6" to 8" ) with lid and cutlery (*will serve as a plate and bowl*)

## Personal Essentials

- ❑ 1 Two-ounce bottle of hand sanitizer
- ❑ Personal toiletry items (*toothbrush, toothpaste, travel-size soap, travel-size shampoo, brush/comb, etc.*)
- ❑ Lip balm (*with sun protection*)
- ❑ Sunglasses with leash (*Croakies is a recommended brand*)
- ❑ Extra pair of glasses/contacts (*if 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 (*\$35 - \$50 for the week for souvenirs*)

### Optional

- ❑ Disposable or digital camera (*please do not plan to use a cell phone/smart phone as a camera*)
- ❑ Book for reading (*paperback recommended*)

## Recommended stores and websites for good deals and selection on gear

- ❑ Eastern Mountain Sports ([www.ems.com](http://www.ems.com))
- ❑ REI ([www.rei.com](http://www.rei.com))
- ❑ LL Bean ([www.llbean.com](http://www.llbean.com))
- ❑ Amazon ([www.amazon.com](http://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 (other than the “Essay Program Essentials” noted earlier in this document).** 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.*
- ❑ **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 large duffel bag/suitcase; they will keep their items here for the whole trip and will have access to the bag for the entirety of the trip. Students should pack a water bottle and their laptop in their day pack.
3. **If your child is flying:**
  - Please pack the backpack with a change of clothes, any important medication, a water bottle, and their laptop. 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.