

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 yurts, 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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Yurt 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)
- ❑ 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 (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.