

APOGEE ADVENTURES

2023 Maine Coast Photo Packing List

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

Photo Program Essentials

Students are responsible for the safekeeping of their property

- Digital camera (*at minimum should have the ability to independently control shutter speed, lens aperture, and ISO speed rating. Contact Apogee with questions about your camera.*)
- A Laptop computer in a padded case and/or padded backpack
- Thumb drive, compatible with the laptop, with a capacity of at least 32 GB
- Cords necessary to connect the camera to the laptop for image downloading and/or a memory card reader (*Most cameras have either an SD or CF memory card; make sure to have the appropriate card reader or cord to connect your camera to the computer*)
- Power cord for computer
- Extra camera battery
- Extra memory card (*if possible – and/or ensure computer has sufficient free space to import photos from camera during trip. Students may choose to bring an external hard drive.*)
- Neck/wrist leash for camera

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

- 6-7 Pairs of underwear, 3-4 bras or sports bras (*as necessary*)
- 5-6 Pairs of socks (*preferably 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 cabin, and kayaking (*Teva, Chaco, and Keen are recommended brands*)

Outdoor Essentials

- Medium to large duffel bag or rolling suitcase (*90-120 liters — this will act as a storage locker*)
- Day pack (*25-35 liters / 1600-2200 cubic inches – most school backpacks fall in this range and 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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Cabin 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, soap, shampoo, brush/comb, etc.*)
- ❑ Lip balm (*with sun protection*)
- ❑ Sunglasses with leash (*Croakies is a recommended brand*)
- ❑ Extra pair of glasses/contacts (*as 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 trip*)

Optional

- ❑ 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 (aside from necessary Maine Coast Photo equipment).** 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. If necessary, students can do a load of laundry while on trip.

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2023 Maine Coast Photo Packing Instructions

Packing Instructions:

1. Please label everything with your child's name
2. Please pack your child's belongings into the duffel bag/suitcase. Students should pack a water bottle and their camera and laptop in their day pack.
3. **If your child is flying:**
 - Please pack the day pack with a change of clothes, any important medication, a water bottle, and their camera and 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.