

APOGEE ADVENTURES

2024 New England Mountains & Coast Packing List

Please find the packing list for our *New England Mountains & Coast* (NEMC) 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.

Hiking Essentials

- ❑ **Sturdy, well-broken-in*** hiking boots or hiking shoes (*not running or basketball shoes – see our blog on [hiking footwear](#) if you have questions about what is appropriate.*)
**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 backpack*)

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

- ❑ 3-4 Hiking shirts (*synthetic/non-cotton and at least one long sleeve*)
- ❑ 1-2 Shirts for wearing around camp (*can be cotton and short or long sleeve*)
- ❑ 5-6 Pairs of underwear
- ❑ 5-6 Pairs of socks (*synthetic or wool blend*)
- ❑ 1 Long-sleeved wool or synthetic shirt
- ❑ 1 Wool or synthetic long underwear top and bottom (*medium weight, long sleeve*)
- ❑ 1 Medium-weight jacket – either fleece, synthetic fiberfill, or down (*zip-up or pull-over are both fine*)
- ❑ 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.
- ❑ 1 Pair of leggings or lightweight, synthetic pants
- ❑ 1 Quick-drying swimsuit
- ❑ 1 Fleece or wool hat
- ❑ 1 Pair of wool or synthetic mittens or gloves
- ❑ 1 Pair of lightweight sport sandals with heel strap for around camp, swimming, and kayaking
- ❑ 1 Pair of sneakers for around camp, community service, and exploring towns
- ❑ 1 Baseball cap or sun hat

Optional

- ❑ 1 Pair of waterproof pants
- ❑ 1 Pair of pajamas (*a cotton t-shirt and boxer shorts work well*)
- ❑ 2 Pairs of liner socks (*for helping to prevent blisters*)
- ❑ 1 Pair of lightweight casual pants

Camping Essentials

- ❑ Synthetic sleeping bag (*20° or 30° temperature rating*)
- ❑ Inflatable or closed-cell foam sleeping pad (*closed-cell foam pad should be no larger than 1 ½" x 30" x 72" when unrolled*)
- ❑ 2 One-liter plastic or stainless steel water bottles
- ❑ 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
- ❑ 8-10 Resealable plastic freezer bags (*One- to two-gallon size for keeping clothing or other items dry*)
- ❑ 3-4 Large plastic garbage bags (*for keeping clothing or sleeping bag dry*)

Optional

- ❑ Portable camping chair
- ❑ Camping pillow (*inflatable or very compact – note that a sleeping bag stuff sack filled with clothes works well, too*)
- ❑ Sleeping bag liner
- ❑ Travel mug

Personal Essentials

- ❑ 1 Two-ounce bottle of hand sanitizer
- ❑ Personal toiletry items (*toothbrush, toothpaste, soap, brush/comb, etc. – pack shampoos & conditioners in small travel-size bottles*)
- ❑ Quick-drying towel
- ❑ Lip balm (*with sun protection*)
- ❑ 1-2 packs of Moleskin blister prevention pads
- ❑ Sunglasses with leash
- ❑ Extra pair of glasses/contacts (*as applicable*)

Optional

- ❑ Pair of work or garden gloves for community service
- ❑ 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 (\$40-\$50 – *bring \$10 in quarters for showers and laundry*)

Optional

- ❑ Disposable or digital camera (*please do not plan to use a cell phone/smart phone as a camera*)
- ❑ 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.

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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 duffel. The trip leaders will oversee packing throughout the course of the trip.
3. This trip is van-supported - meaning that students will be transported from point to point in a van. Your child will keep their belongings in their duffel bag over the course of the trip.
4. **If your child is flying:**
 - Please pack the backpack with a change of clothes, any important medication, and a water bottle. The backpack 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. *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).
 - Students should wear their hiking boots for plane travel.
 - Everything else should be packed in the duffel and the duffel should be checked.