

APOGEE ADVENTURES

2024 Pyrenees Mountains & Coast

Packing List

Please find the packing list for our *Pyrenees Mountains & Coast* (PMC) trip. 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.

Travel Document Essentials

- ❑ **Valid Passport** (*Must be valid for 90 days past the date of entry into Spain – 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 or hiking shoes** (*not running or basketball shoes – must be appropriate for one week of backpacking with 20-25 pounds on moderate to steep/rocky terrain. 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.*
- ❑ **Medium-sized backpack** – (*40-65 liters or 2500-4000 cubic inches, but don't worry if your pack is bigger than this. On the other hand, most school backpacks are about 2000 cubic inches and will be too small to carry four days-worth of clothing and gear.*)
- ❑ **Medium to large duffel bag** (*soft-sided, 90-120 liters – this will act as a storage locker*)
- ❑ **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*)
- ❑ Day pack (*25-35 liters / 1600-2200 cubic inches – most school backpacks will work well*)
- ❑ Telescoping hiking poles (*recommended for anyone with a history of knee or ankle injuries*)

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.

- ❑ 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*)
- ❑ 3 Pairs of shorts (*synthetic - not heavy, cotton cargo shorts*)
- ❑ 6-7 Pairs of underwear, 4-5 sport bras (*as necessary*)
- ❑ 6 Pairs of socks (*synthetic or wool blend socks – do not bring cotton*)
- ❑ 1 Wool or synthetic long underwear top and bottom (*medium weight, long sleeve*)
- ❑ 1 Lightweight fleece jacket or pullover
- ❑ 1 Medium-weight, down or synthetic fill, packable, insulating jacket

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- ❑ 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 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 sport sandals with heel strap for around camp and kayaking (*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*)
- ❑ 2 Pairs 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 sleeping bag (**20° or 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*)
- ❑ Small, packable sleeping bag liner (*necessary for sleeping in mountain refuges*)
- ❑ 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
- ❑ Waterproof backpack cover (*or two heavyweight garbage bags*)
- ❑ 4-5 Re-sealable plastic freezer bags (*two-gallon size for keeping clothing or other items dry and organized*)
- ❑ Portable camping chair (*most campgrounds on PMC do not have a bench or a picnic table for sitting during meal time or time in camp*)

Optional

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

Personal Essentials

- ❑ 1 Travel-size bottle of hand sanitizer
- ❑ 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
- ❑ Sunglasses with leash
- ❑ 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 Euro before the trip to avoid high exchange rates. If your child has an ATM card, they can withdraw Euro 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.*)

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*)

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.
 - ❑ 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. This means that your child must be able to carry *everything* they are bringing in their duffel (except for their time on the Carros de Foc - during this time students will only bring a subset of their items in their backpack and leave the rest of their belongings in their duffel in a locked space).
3. **If your child is flying:**
 - Please pack a day pack, lightweight drawstring bag, or a sturdy plastic bag 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. *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 (including the medium-sized backpack) should be in your child's duffel and the duffel should be checked.