2027 Caribbean Service: Puerto Rico Packing List

Please find the packing list for our *Caribbean Service: Puerto Rico* (CSPR) 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.

Service Work Essentials

- ❑ **Sturdy, well-broken-in hiking shoes, or other sturdy closed-toed shoes**
- ❑ **Day pack** *(25-35 liters / 1600-2200 cubic inches – most school backpacks fall in this range and work fine)*
- ❑ **Medium to large duffel bag** (*soft-sided, 90-120 liters – this will act as a storage locker. A soft-sided duffel is preferred, but a hard-bottomed rolling duffel is fine.)*
- ❑ **Safety whistle with lanyard** *(to wear around your neck while hiking)*
- ❑ **2 Pairs of sturdy work gloves**

Clothing Essentials

- ❑ 5-6 Pairs of underwear, 3-4 sports bras *(as necessary)*
- ❑ 5-6 Pairs of socks *(preferably synthetic or wool blend)*
- ❑ 4-5 T-Shirts *(at least 2 should be synthetic/non cotton)*
- ❑ 2-3 Long-Sleeved synthetic shirts *(important for sun protection, as a rash guard for surfing, and for service partners who require long-sleeves)*
- ❑ 3 Pairs of shorts *(synthetic - not heavy, cotton cargo shorts)*
- ❑ 3 Pairs of lightweight pants for service work *(not double-lined, heavy cargo pants or jeans – bring lightweight pants or leggings you don't mind getting dirty)*
- ❑ 1 Lightweight sweatshirt or fleece pullover
- ❑ 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.*
- ❑ 2 Swimsuits
- ❑ 1 Pair sport sandals or flip flops that can get wet *(for wearing to the beach, on the snorkel boat, etc.)*
- ❑ 1 Baseball cap or sun hat
- ❑ 1 Pair of pajamas (*a cotton t-shirt and boxer shorts work well)*

  Optional
  - ❑ 1 Pair of additional footwear *(sneakers, sandals, or flip-flops will work fine. Mostly for wearing around accommodations or while exploring town)*

Gear Essentials

- ❑ 2 One-liter plastic or stainless steel water bottles
- ❑ 1 Tupperware/Rubbermaid/plastic bowl (*6" to 8")* with lid and cutlery *(will serve as a plate and bowl)*
- ❑ Lightweight sleeping bag liner (*given the warm Caribbean climate, this will be all that is needed on many nights – note that you do not need a sleeping bag on this trip)*

Questions? 207.725.7025 or info@apogeeadventures.com

- Headlamp with two sets of extra batteries

Personal Essentials
- Travel-size bottle of hand sanitizer
- Personal toiletry items *(toothbrush, toothpaste, travel-size soap, travel-size shampoo, brush/comb, etc.)*
- 2 medium-sized beach towels
- Lip balm *(with sun protection)*
- Insect repellant with DEET
- Sunglasses with leash
- Extra pair of glasses/contacts *(as applicable)*

  Optional
  - Permethrin spray (*a readily available insect repellent applied to clothing)*
  - Sunscreen *(leaders will have sunscreen for the group, but students are welcome to bring a small, personal bottle if they would prefer)*

Other Essentials
- Spending money for souvenirs *(we recommend no more than $100 for the trip – trip leaders will designate appropriate times to use personal spending money)*

  Optional
  - Disposable or digital camera with charger *(please do not plan to use a cell phone as a camera)*
  - Journal and pencil/pen
  - Book for reading *(paperback recommended)*
  - Deck of cards

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 or other electronic device, Apogee is not responsible for its damage or loss under any circumstances. *Please see our "Electronics and Personal Property Policy" document (available through your family portal in February) 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.**
- **Medications other than what is listed on your child's Health History Form.** Any medication (over the counter or prescription) that your child is taking must be listed on their Health History Form (available through your family portal in February). Additionally, our trip leaders carry Advil, Tylenol, Benadryl, Zyrtec, Pepto-Bismol, and Tums to administer as necessary to students. Unless your child takes one of those medications daily, please do not send your child with those medications.
- **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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2027 Caribbean Service: Puerto Rico Packing Instructions

Packing Instructions:

1. Please label everything with your child's name.
2. Please pack your child's belongings into the duffel bag.
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, packing items into their day pack as needed for daily access during activities.
4. **If your child is flying:**
    - Please pack the backpack with a change of clothes, any important medications, and a water bottle. 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.

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