2027 Maine's Downeast Explorer Packing List

Please find the packing list for our *Maine's Downeast Explorer* (DEX) 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 – must be appropriate for three days of backpacking with 30-40 pounds on moderate terrain. See our blog on hiking footwear if you have questions about what is appropriate)*
- ❑ **Backpack** *(internal frame backpacks should be 65-75 liters (3500-4500 cubic inches) -* ***65 liters is the minimum size*** *- and suitable for three days of backpacking. Please make sure to have the pack adjusted to fit you)*
- ❑ **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, 80-100 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) - 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
  - ❑ Telescoping hiking poles
  - ❑ 2.5- to 3-liter hydration reservoir *(just the reservoir to be inserted into backpack)*

Clothing Essentials

- ❑ 6-7 Pairs of underwear; 3-4 Sports bras *(as necessary)*
- ❑ 4-5 Pairs of socks *(synthetic or wool blend – do not bring cotton)*
- ❑ 2 Hiking T-shirts *(synthetic/non-cotton)*
- ❑ 2 Hiking Long Sleeve Shirts *(synthetic/non-cotton)*
- ❑ 1-2 Shirts for wearing around camp *(can be cotton and short or long sleeve)*
- ❑ 2-3 Pairs of shorts *(synthetic - not heavy, cotton cargo shorts)*
- ❑ 2 Pairs of leggings or lightweight, synthetic pants
- ❑ 1 Synthetic long underwear top *(medium weight, long sleeve)*
- ❑ 1 Synthetic long underwear bottoms
- ❑ 1 Light-weight fleece jacket, pullover, or synthetic hooded sweatshirt
- ❑ 1 Medium-weight, down or synthetic fill, packable, insulating jacket
- ❑ 1 Waterproof 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 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

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- ❑ 1 Pair of sneakers for around camp and exploring towns
- ❑ 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 to prevent blisters)*
- ❑ 1 Pair of waterproof pants

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, a garbage bag can be used for waterproofing by lining the stuffsack before stuffing in the sleeping bag)*
- ❑ Inflatable or closed-cell foam sleeping pad *(closed-cell foam pad should be no larger than 1 ½" x 30" x 72" when unrolled)*
- ❑ 2-3 One-liter plastic water bottles *(or 1 water bottle if bringing a hydration reservoir)*
- ❑ Tupperware/Rubbermaid/plastic bowl (*6" to 8")* with lid and cutlery *(will serve as a plate and bowl)*
- ❑ Headlamp and two sets of extra batteries
- ❑ Waterproof backpack cover *(or two heavyweight garbage bags)*
- ❑ 6-8 Re-sealable plastic freezer bags *(two-gallon size for keeping clothing or other items organized and dry)*

Optional

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

Personal Essentials

- ❑ Travel-size bottle of hand sanitizer
- ❑ Personal toiletry items *(toothbrush, toothpaste, soap, small 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)*
- ❑ Personal Bug Net (*head net*)

Optional

- ❑ Sunscreen & insect repellent *(leaders will have sunscreen and bug spray for the group, but students are welcome to bring a small, personal bottle if they would prefer)*

Other Essentials

- ❑ Spending money for souvenirs, laundry, and showers *(we recommend no more than $100 for the trip – trip leaders will designate appropriate times to use personal spending money. Please 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)*

- ❑ 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.

2027 Maine's Downeast Explorer Packing Instructions

Packing Instructions:

1. Please label everything with your child's name
2. Please pack your child's belongings (including their empty hiking backpack) into the duffel.
3. The majority of this trip is van-supported - meaning that students will be transported from point to point in a van. With the exception of the backpacking and overnight kayaking portions of the trip, your child will keep their day-to-day belongings in their duffel bag over the course of the trip, packing items into their day pack as needed for daily access during activities. During the backcountry sections (backpacking and kayaking), students will pack items necessary for their three days of backpacking or two days of kayaking into their hiking backpack/kayak (packing for the backcountry will be thoroughly explained by the leaders). Anything not necessary for the backcountry portions can be stored in duffels.
4. **If your child is flying**:
    - Please pack the day pack with a change of clothes, any important medication, and a water bottle. The day pack will act as their primary carry-on item on the plane.
    - Students must carry-on their sleeping bag (as a personal item). We ask this so that your child has something to sleep in if their duffel 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 empty hiking backpack) should be in the duffel and the duffel should be checked.