2027 Northwest Mountains & Coast Packing List

Below you will find the packing list for our *Northwest Mountains and Coast* (NWMC) trip. As always, please 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.)*
- ❑ **Day pack** *(25-35 liters or 1600-2200 cubic inches – most school backpacks are within this range and will work well)*
- ❑ **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) – 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)*
  - ❑ Telescoping hiking poles *(only recommended for anyone with a history of knee or ankle injuries)*

Clothing Essentials

- ❑ 5-6 Pairs of underwear, 3-4 sports bras *(as necessary)*
- ❑ 5-6 Pairs of socks *(synthetic or wool blend socks – do not bring cotton)*
- ❑ 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)*
- ❑ 1 Pair of leggings or lightweight, synthetic pants
- ❑ 1 Wool or synthetic long underwear top *(medium weight, long sleeve)*
- ❑ 1 Wool or synthetic long underwear bottom
- ❑ 1 Medium-weight fleece jacket, pullover, or synthetic hooded sweatshirt
- ❑ 1 Medium-weight, down or synthetic fill, packable, insulating jacket
- ❑ 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 waterproof rain pants
- ❑ 1 Quick-drying swimsuit
- ❑ 1 Fleece or wool hat
- ❑ 1 Pair of lightweight sport sandals with heel strap for around camp, swimming, and kayaking
- ❑ 1 Baseball cap or sun hat
- ❑ 1 Pair of pajamas *(a cotton t-shirt and boxer shorts work well)*

  Optional
  - ❑ 1 Pair of sneakers for around camp, community service, and exploring towns
  - ❑ 2 Pairs of liner socks *(for helping to prevent blisters)*

Questions? 207.725.7025 or info@apogeeadventures.com

- ❑ 1 Pair of wool or synthetic mittens or gloves

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)*
- ❑ 1 Bug Headnet

Optional

- ❑ Portable camping 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, 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

- ❑ 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, showers, and laundry *(we recommend no more than $100 for the trip – trip leaders will designate appropriate times to use personal spending money. Please bring $10 of the money in quarters for showers and laundry)*

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. In general, students will have an opportunity to do laundry once per week while on trip.

2027 Northwest Mountains & Coast Packing Instructions

Packing Instructions:

1. Please label everything with your child's name
2. Please pack your child's belongings into the duffel.
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. During their two-night kayaking excursion, trip leaders will help students pack only what is needed during the kayaking portion into dry bags on the kayak, leaving the unneeded items safely locked in their duffel
4. **If your child is flying**:
    - Please pack the day pack detailed on the Packing List 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 should 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 should be packed in the duffel and the duffel should be checked.