2027 Europe Coast to Coast Packing List

Please find the packing list for our *Europe Coast to Coast* (ECC) trip below. As always, be in touch with any questions about the items on this list, where to find them, or how to pack for the trip.

Please review our Gear Recommendations blog post with our more specific recommendations for many of the items on the packing list.

Bicycles must be professionally tuned before trip start.

Pannier (Saddlebag) Rental Available ($100) – *Please complete the Equipment Rental form in your family portal (available in mid-February)*

Travel Document Essentials

- ❑ **Valid Passport** (***must be valid*** *for 90 days* **past** *the date of entry into the Netherlands – should be valid for a full six months past the date of entry*)
- ❑ **Declaration of Consent to Travel** *(Available in your family portal in February – students should carry the original copy with them on travel day)*

Cycling Essentials*:*

- ❑ **Touring/Adventure bicycle** – *We have listed the names (with hyperlinks) of a few touring bicycles that we recommend.*
  - Surly Disc Trucker
  - Marin Four Corners
  - Cannondale Topstone 3 Cues - 2X

This is by no means an exhaustive list, but if you are thinking about using a different touring or adventure bicycle, please email Miles at miles@apogeeadventures.com to make sure it is appropriate for this trip. A few requirements are below:

- *Front and back wheels must have at least 32 spokes.*
- *Make sure the rear wheel has been properly trued by a bicycle mechanic before the trip start and is strong enough to support a rider and added weight over 1200 miles.*
- *Bicycle tires need to be from 700 x 32 to 700 x 40 mm in width.*

- ❑ Installed rear bicycle rack that connects to the frame at four points with strong vertical stays (*Not a rack attached to the seat post. Also, please do not bring a front rack and front panniers even if you already have them for your bicycle – they are unnecessary for this trip).*
- ❑ 1 Pair of rear panniers *(40-45 liters / 2400-2800 cubic inches combined) – rental available (see above)*
- ❑ 1 Bicycle helmet *(please read our blog entry on helmets)*
- ❑ 1 Reflective triangle to wear while riding *(to be attached to the back of a riding shirt or hydration pack –must be ~6" tall)*

Questions? 207.725.7025 or info@apogeeadventures.com

- 1 Rear tail light *(to be attached to the back of the helmet – Apogee staff will help attach the tail light at the trip start)*
- 4 Spare tubes that match your tire size
- 1 Spare tire *(please purchase a good, foldable touring tire that matches the tire width of your bike – for example, if your bike has 32mm tires, this would be a good option)*
- 2 Water bottle cages *(should be installed before the bike is packed for transit to Europe)*
- 3 Bungee cords, each between two and three feet in length
- 1 Pair of well-padded cycling gloves
- 1 Bicycle cable lock *(a medium strength combination lock is recommended)*
- 2 Bicycle water bottles *(should be able to fit into your water bottle cages)*
- 1 Two- or Three-Liter water hydration pack with bladder *(keep it simple and stay away from packs with lots of pockets. The primary function of the pack is to hold water, not carry gear)*
- 1 Pair of clip-in or cage pedals

Optional

- 1 Cycling computer *(we recommend a very basic model with low battery demands)*
- 1 Handlebar bag *(recommended – to easily access sunblock, camera, snacks etc.)*

Clothing Essentials

Note that students will have a chance to do laundry every 4-5 days

- 4 Pairs of underwear, 3-4 Sports bras *(as necessary)*
- 4 Pairs of socks *(synthetic recommended)*
- 3 Riding shirts *(these should be synthetic, high-visibility t-shirts or high-visibility bicycle jerseys)*
- 2 T-shirts for wearing around camp *(can be synthetic or cotton)*
- 1 Long-sleeve synthetic shirt
- 3 Pairs of padded cycling shorts
- 2 Pairs of synthetic shorts - *not heavy cotton cargo or jean 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, down or synthetic fill, packable, insulating jacket
- 1 Waterproof 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 Quick-drying swimsuit *(can also substitute with synthetic shorts and sports bra)*
- 1 Pair of shoes for cycling *(running, all-terrain, tennis or cycling specific shoes with cleats to match clip-in pedals)*
- 1 Pair of sport sandals with a heel strap for off bike, around camp, swimming, etc. *(flip flops are not adequate)*

Optional

- 1 Pair of pajamas (*a cotton t-shirt and boxer shorts work well)*
- 1 Baseball cap or sun hat
- 1 Pair of waterproof rain pants
- 1 Fleece pullover or synthetic hooded sweatshirt *(only if you tend to run cold)*

- 1 Winter hat, wool or synthetic
- 1 Pair of long-fingered fleece gloves *(for cold weather)*

Camping Essentials

- 1 Synthetic, medium weight sleeping bag *(20° or 30° temperature rating - it should be compressible and weigh no more than 3.5 pounds)*
- 1 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 stuff sack before stuffing in the sleeping bag)*
- 1 Inflatable sleeping pad
- 1 Tupperware/Rubbermaid/plastic bowl (*6" to 8")* with lid and cutlery *(will serve as a plate and bowl)*
- 1 Headlamp with one set of extra batteries

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

Personal Essentials

- Personal toiletry items *(toothbrush, toothpaste, soap, brush/comb, etc. – pack shampoos & conditioners in small travel-size bottles. The toiletry bottles can be replenished during the trip.)*
- Medium-size quick-drying camp towel
- Lip balm *(with sun protection)*
- Sunglasses
- Extra pair of glasses/contacts *(as applicable)*

  Optional
  - Sunscreen & insect repellent *(trip leaders will have sunscreen and bug spray for the group, but students are welcome to bring a small, personal bottle if preferred)*
  - Leash for sunglasses

Other Essentials

- *If you are renting panniers:* Cardboard box to serve as a checked bag *(<u>do not</u> bring a suitcase or a duffel bag, as we dispose of the boxes at trip start and use new ones to pack into at trip end. Please refer to the packing instructions at the end of this document for more details.)*
- *Two separate payment methods. Please ensure that any card you send (credit, debit, or ATM) is authorized for use outside of the US and that your child knows the PIN for the card (if applicable). <u>NOTE</u>: Many Visa/Mastercard Gift Cards <u>do not</u> work outside of the US.*
  - **Contingency fund** *(A credit, debit, or ATM card with at least $500 in the account). This is for emergency bicycle repairs, unforeseen situations involving the student, and end of trip baggage fees. These cards will be collected by support staff and funds will only be used as necessary. They will be returned at the end of the trip. Please make sure your child knows the PIN for their debit card (if applicable).*

- **Spending money for souvenirs, laundry, and showers** *(we recommend no more than $200 for the trip). You may either exchange money to Euros ahead of the trip for your child and send them with cash, or send them with a debit/ATM card. Important: if you choose to send your child with a debit/ATM card, it should be separate from their contingency fund (see above). Your child will keep their spending money in their possession, while the support staffer will hang onto the contingency fund. This is because contingency fund charges (bicycle repairs, etc), are often made on errands by the support staffer when the student is not present.*

Optional

- Disposable or digital camera *(please do not plan to use a cell phone as a camera)*
- Charger for digital camera/GoPro/bike computer/any approved electronic device you are bringing (with European plug adapter)
- 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 roughly once per week while on trip.

2027 Europe Coast to Coast Packing Instructions

Gear Packing Instructions:

1. Please label everything with your child's name.
2. All of our bike trips are self-supported, which means that students and their leaders will carry all of their personal items, along with Apogee-issued group gear (such as cooking equipment and tents) on their bikes. Leaders will thoroughly explain how to properly pack panniers at the start of the trip. If you are curious about what the bike-packing process looks like at the trip start, check out our bike-packing video.
    - While this trip is self-supported, Apogee maintains a dedicated support staff member and vehicle for this trip to provide assistance in the event of medical or mechanical exigency. This vehicle does not, however, carry any personal or group equipment.
3. **If your child is flying**:
    - The following items should be carried-on to the flight: helmet, a change of clothes, any important medication, and a water bottle. If your child is using cycling-specific shoes, these should also be carried-on.
        - If you are renting panniers from Apogee: use a sturdy plastic bag or a drawstring bag to carry the above items on.
        - If you are bringing your own panniers: split the items on the packing list between your two panniers but be sure to have the above items in your "carry-on" pannier. The "carry-on" pannier should not have any liquids over 3 oz.
    - 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).
    - Checked bag:
        - If you are renting panniers from Apogee: all of your child's gear that is not on the above carry-on list should go straight into a cardboard box, ***not a duffel bag.*** Once your child arrives in Amsterdam, they'll get a chance to pack their gear into their rental panniers at their campground. If you send gear in a duffel bag, we have no storage for it and will dispose of it.
        - If you are bringing your own panniers: check the single pannier that is not the "carry-on" pannier. You are welcome to put the pannier in a cardboard box if you wish in order to protect the pannier during transit, but please do not put it in a duffel bag.

2027 Europe Coast to Coast Packing Instructions

Bicycle Packing Instructions

Your bike must be boxed ***before*** you travel to the airport; you can box it yourself or pay a bike store a fee to do it for you (typically $60-$100). ***Do not transport your bicycle in a hard shell case as we have no way to deliver it to trip's end.***

To box your bike yourself:

1. Call ahead and pick up a cardboard bike box at a local bike store (they give them away for free so ask for the biggest box they have).
2. Shift your gears so that the chain is in the biggest cog in the back and in the front. Typically this is 3 (left shifter):1 (right shifter).
3. Remove the seat and seat post by either loosening the quick release lever or the bolt.
4. Remove the pedals (*the left pedal is loosened by turning it clockwise*) as well as the front wheel (keep the back wheel on).
5. Loosen the handlebar stem bolt and lift the handlebars out of the frame (the brake cable housings will probably stretch when you do this).
6. *OPTIONAL BUT WISE*: Wrap the bike's frame with bubble wrap.
7. Lift the bike into the box by turning the handlebars sideways and placing them on top of the bicycle's top tube (the horizontal tube of the bike frame).
8. Don't forget to secure (with packing tape) the pedals, seat and post, and the front wheel inside the box before closing it.

Apogee leaders will help arriving students assemble their bicycles at trip start and with obtaining boxes and packing bikes for the journey home at trip's end.