2027 Maine Coast College Essay Packing List

Please find the packing list for our *Maine Coast College Essay* (MCCE) 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.

Essay Program Essentials
(Students are responsible for safekeeping of their property)

- ❑ A non-school issued laptop computer, with word-processing software installed *(Microsoft Word, Pages, etc.)*, in a padded case and/or padded backpack *(Google Docs is not sufficient, as Wi-Fi will not always be available throughout the program)*
- ❑ Power cord for computer
- ❑ Personal journal or notebook, pencil/pen

Optional

- ❑ USB Flash Drive *(1 GB+)* for backup of outlines and essays

Clothing Essentials

- ❑ 7 Pairs of underwear, 3-4 bras or sports bras *(as necessary)*
- ❑ 6 Pairs of socks *(two pairs of synthetic or wool blend)*
- ❑ 3-4 Casual outfits - In addition to shirt/shorts combos, be sure to pack:
  - ❑ 2 Medium-weight sweatshirts or fleeces
  - ❑ 2 Pairs of pants
- ❑ 1-2 Synthetic short-sleeved shirts
- ❑ 1 Synthetic long-sleeved shirt
- ❑ 1-2 Pairs synthetic shorts
- ❑ 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.*
- ❑ 1 Swimsuit
- ❑ 1 Pair pajamas/sleepwear (*a cotton t-shirt and boxer shorts work well)*
- ❑ Sturdy closed-toed shoes for hiking and walking on trails *(sneakers are okay)*
- ❑ 1 Pair of sport sandals for beach and kayaking *(Crocs, Keens, Tevas, Chacos, etc. work well)*

Optional

- ❑ Flip Flops for around the dorm

- ❑ Baseball cap or sun hat
- ❑ 1 Workout outfit *(for community service programming and if you would like to run or work-out during down time on trip)*

Gear Essentials

- ❑ Medium to large duffel bag or rolling suitcase *(90-120 liters – this will act as a storage locker)*
- ❑ Day pack *(1600 to 2200 cubic inches – most school backpacks are within this size range and will work well)*

Questions? 207.725.7025 or info@apogeeadventures.com

- ❑ 2 One-liter plastic or stainless steel water bottles
- ❑ Headlamp with one set of extra batteries

Dorm Essentials
- ❑ Sleeping bag *(30° or 40° temperature rating)*
- ❑ Pillow and pillow case
- ❑ 2 Towels (*one beach and one bath*)
- ❑ Tupperware/Rubbermaid/plastic bowl (6" to 8") with lid and cutlery *(will serve as a plate and bowl)*

    Optional
    - ❑ Sleeping bag liner *(if you get particularly warm at night, this may be all you need on warmer evenings)*

Personal Essentials
- ❑ Travel-size bottle of hand sanitizer
- ❑ Personal toiletry items *(toothbrush, toothpaste, travel-size soap, travel-size shampoo, brush/comb, etc.)*
- ❑ Lip balm *(with sun protection)*
- ❑ Sunglasses with leash
- ❑ Baseball hat
- ❑ Extra pair of glasses/contacts *(if 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 *(we recommend no more than $50 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)*
    - ❑ Sport watch
    - ❑ 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 (other than the "Essay Program Essentials" noted earlier in this document).** 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.*
- **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 Coast College Essay Packing Instructions

Packing Instructions:

1. Please label everything with your child's name
2. Please pack your child's belongings into the large duffel bag/suitcase. Students will keep their items in their duffel bag over the course of the trip, packing items into their day pack as needed for daily access during activities.
3. **If your child is flying**:
    - Please pack the backpack with a change of clothes, any important medication, a water bottle, and their laptop. 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.