2027 Pyrenees Mountains & Coast Packing List

Please find the packing list for our *Pyrenees Mountains & Coast* (PMC) 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.

Travel Document Essentials

- ❑ **Valid Passport** (***Must be valid*** *for 90 days* ***past*** *the date of entry into Spain – 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)*

Hiking Essentials

- ❑ **Sturdy, well-broken-in hiking boots or hiking shoes** *(not running or basketball shoes – must be appropriate for one week of backpacking with 20-25 pounds on moderate to steep/rocky terrain. See our blog on hiking footwear if you have questions about what is appropriate.)*
- ❑ **Medium-sized backpack** *– (40-65 liters or 2500-4000 cubic inches, but don't worry if your pack is bigger than this. On the other hand, most school backpacks are about 2000 cubic inches and will be too small to carry four days-worth of clothing and gear.)*
- ❑ **Medium to large duffel bag** (*soft-sided, 90-120 liters – this will act as a storage locker)*
- ❑ **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 hiking backpack)*
  - ❑ Day pack *(25-35 liters / 1600-2200 cubic inches – most school backpacks will work well)*
  - ❑ Telescoping hiking poles (*recommended for anyone with a history of knee or ankle injuries*)

Clothing Essentials

Please take the warm layers listed below seriously – it can get chilly in the evenings.

- ❑ 6-7 Pairs of underwear, 4-5 sport bras *(as necessary)*
- ❑ 6 Pairs of socks *(synthetic or wool blend socks – do not bring cotton)*
- ❑ 2 T-shirts for Hiking *(synthetic/non-cotton)*
- ❑ 2 Long Sleeve Shirts for Hiking *(synthetic/non-cotton – essential for sun protection while hiking)*
- ❑ 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 hiking pants
- ❑ 1 Wool or synthetic long underwear bottom

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- ❑ 1 Lightweight fleece jacket or pullover
- ❑ 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 Quick-drying swimsuit *(can also substitute with synthetic shorts and sports bra)*
- ❑ 1 Fleece or wool hat
- ❑ 1 Pair of gloves
- ❑ 1 Pair of sport sandals with heel strap for around camp and kayaking (*flip-flops are not adequate*).
- ❑ 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 prevent blisters)*
- ❑ Students may also bring one extra outfit for travel at the end of their trip.

Camping Essentials

- ❑ Synthetic, medium weight sleeping bag *(20° or 30° temperature rating)*
- ❑ Small, packable sleeping bag liner (*necessary for sleeping in mountain refuges)*
- ❑ 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 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
- ❑ Waterproof backpack cover *(or two heavyweight garbage bags)*
- ❑ 4-5 Re-sealable plastic freezer bags *(two-gallon size for keeping clothing or other items dry and organized)*
- ❑ Portable camping chair *(most campgrounds on PMC do not have a bench or a picnic table for sitting during meal time or time in camp)*

Optional

- ❑ 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)*
- ❑ Medium-sized quick-drying camp 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 *(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, laundry, and showers *(we recommend no more than $100 for the trip – trip leaders will designate appropriate times to use personal spending money. If you are sending cash, consider exchanging money to Euro before the trip. If your child has an ATM card, they can withdraw Euro at a reasonable conversion rate from any ATM (be sure to put travel alerts on your child's card, as appropriate). Note that many VISA gift cards do not work outside of the US)*

Optional

- ❑ Disposable or digital camera with charger and European plug adapter *(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.
    - ❑ As there is no dedicated vehicle for this trip, there is no place to store excess gear throughout the trip. Please stick to this packing list and do not over-pack.

2027 Pyrenees Mountains & Coast Packing Instructions

Packing Instructions:

1. Please label everything with your child's name
2. This trip is not van-supported; the group will be using private shuttles and their own two feet for all of their travel. When the group is not on the Carros de Foc trekking circuit, they will store their duffels in their tents and pack only what is needed for the day into their day packs. During their time on the Carros de Foc trekking circuit, students will only bring a subset of their items in their hiking backpack (leaders will instruct students on what to pack) and will leave the rest of their belongings in their duffel in a locked space.
3. **If your child is flying**:
    - Please pack a day pack (if you choose to bring one), a lightweight drawstring bag, or a sturdy plastic bag with a change of clothes, any important medication, and a water bottle. This bag 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 (including the medium-sized backpack) should be in your child's duffel and the duffel should be checked.