2027 Alaska Mountains & Coast Packing List

Please find the packing list for our *Alaska Mountains & Coast* (AKMC) 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 3 days of backpacking. Please make sure to have the pack adjusted to fit you.)*
- ❑ **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)*
- ❑ **Daypack** *(25-35 liters / 1600-2200 cubic inches – most school backpacks fall in this range and work fine)*
- ❑ Telescoping hiking poles

Optional

- ❑ 2.5- to 3-liter hydration reservoir *(just the reservoir to be inserted into backpack)*

Clothing Essentials

- ❑ 5-6 Pairs of underwear, 3-4 Sports bras *(as needed)*
- ❑ 5-6 Pairs of socks *(synthetic or wool blend socks)*
- ❑ 1-2 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)*
- ❑ 1-2 Pairs of shorts *(synthetic - not heavy, cotton cargo shorts or jean shorts)*
- ❑ 2-3 Pairs of leggings or lightweight, synthetic hiking 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 Pair fleece or fleece-lined pants

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

Camping Essentials

- ❑ Synthetic, medium weight sleeping bag *(20° temperature rating - it should be compressible and weigh no more than 3.5 pounds) – please note that given the frequently wet conditions in Alaska, we highly recommend synthetic sleeping bags over down-filled bags.*
- ❑ 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 One-liter plastic water bottles
- ❑ Tupperware/Rubbermaid/plastic bowl (*6" to 8")* with lid and cutlery *(will serve as a plate and bowl, needs to fit in backpack)*
- ❑ Headlamp with two sets of extra batteries
- ❑ Waterproof backpack cover
- ❑ 6-8 Re-sealable plastic freezer bags *(two-gallon size for keeping clothing or other items organized and dry)*
- ❑ Personal Bug Headnet

Optional

- ❑ Backpacking 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)*
- ❑ Eye mask for sleeping *(summer days in Alaska typically have 18-20 hours of sunlight)*

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 small bills 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 while on trip.

2027 Alaska Mountains & Coast Packing Instructions

Packing Instructions:

1. Please label <u>everything</u> 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 portions of the trip, your child will keep their day-to-day belongings in their duffel bag over the course of the trip, packing their items into their day pack as needed for daily access during activities. During the backcountry section, students will pack everything they need for those days into their hiking backpack (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 packed in the duffel and the duffel should be checked.