2027 Caribbean Service: Virgin Islands Packing List

Please find the packing list for our *Caribbean Service: Virgin Islands* (CSVI) 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.

Service Work Essentials

- ❑ **Sturdy, well-broken-in hiking shoes, or other sturdy closed-toed shoes**
- ❑ **Day pack** *(25-35 liters / 1600-2200 cubic inches – most school backpacks fall in this range and work fine)*
- ❑ **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 while hiking)*
- ❑ **2 Pairs of sturdy work gloves**

Clothing Essentials

- ❑ 5-6 Pairs of underwear, 3-4 sports bras *(as necessary)*
- ❑ 5-6 Pairs of socks *(preferably synthetic or wool blend)*
- ❑ 5-6 T-Shirts *(at least 2 should be synthetic/non cotton)*
- ❑ 2-3 Long-Sleeved synthetic shirts *(important for sun protection, as sun protection for snorkeling, and for service partners who require long-sleeves)*
- ❑ 3-4 Pairs of shorts *(synthetic - not heavy, cotton cargo shorts)*
- ❑ 3 Pairs of lightweight pants for service work *(not double-lined, heavy cargo pants or jeans – bring lightweight pants or leggings you don't mind getting dirty)*
- ❑ 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.*
- ❑ 2 Swimsuits
- ❑ 1 Pair of sport sandals with heel strap for water activities – *(**flip-flops are not adequate**)*
- ❑ 1 Baseball cap or sun hat
- ❑ 1 Pair of pajamas (*a cotton t-shirt and boxer shorts work well)*

  Optional
  - ❑ 1 Pair of additional footwear *(sneakers, sandals, or flip-flops will work fine. Mostly for wearing around accommodations, to the beach, or while exploring town)*

Gear Essentials

- ❑ 2 One-liter plastic or stainless steel water bottles
- ❑ 1 Tupperware/Rubbermaid/plastic bowl (*6" to 8")* with lid and cutlery *(will serve as a plate and bowl)*
- ❑ Lightweight sleeping bag liner (*given the warm Caribbean climate, this will be all that is needed on many nights – note that you do not need a sleeping bag on this trip)*
- ❑ Headlamp with two sets of extra batteries

Questions? 207.725.7025 or info@apogeeadventures.com

Personal Essentials

- ❑ **Valid Proof of Legal Residency for re-entering the US from St. Croix** *(note that you will not need this identification to enter St. Croix, as it is a US Territory, but US Customs and Border Protection requires travelers leaving St. Croix for the US to have one of the following documents or combinations of documents)*
    - ❑ Passport or passport card *OR*
    - ❑ A driver's license or other state-issued ID (such as a learner's permit) *OR*
    - ❑ Copy of birth certificate *AND* Photo ID *(school ID works well)*
- ❑ **Declaration of Consent to Travel** *(will be made available through CampMinder in February – students should carry the original copy with them)*
- ❑ Travel-size bottle of hand sanitizer
- ❑ Personal toiletry items *(toothbrush, toothpaste, travel-size soap, travel-size shampoo, brush/comb, etc.)*
- ❑ 2 medium-sized beach towels
- ❑ Reef-safe sunscreen *(SPF 30 or higher. Note that sunscreen containing oxybenzone is strictly prohibited in the USVI due to the harm it poses to coral reefs. The following linked products are all reef safe: Blue Lizard, Sun Bum, Neutrogena and Coppertone)*
- ❑ Lip balm *(with sun protection)*
- ❑ Insect repellant with DEET
- ❑ Sunglasses with leash
- ❑ Extra pair of glasses/contacts *(as applicable)*

    Optional
    - ❑ Permethrin spray (*a readily available insect repellent applied to clothing)*

Other Essentials

- ❑ Spending money for souvenirs *(we recommend no more than $75 for the trip – trip leaders will designate appropriate times to use personal spending money)*

    Optional
    - ❑ Disposable or digital camera *(please do not plan to use a cell phone/smart 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 <u>do not</u> 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 <u>any</u> 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 up a lot of space, and take a long time to dry when wet. Synthetic clothing is much more practical. It wicks moisture away in hot conditions and keeps you cool.
- **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 Caribbean Service: Virgin Islands Packing Instructions

Packing Instructions:

1. Please label everything with your child's name.
2. Please pack your child's belongings into the duffel; they will keep their items in the duffel throughout 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 medications, and a water bottle. 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.