

# APOGEE ADVENTURES

## 2025 Costa Rica Mountains & Coast

### Packing List

Please find the packing list for our *Costa Rica Mountains & Coast* (CRMC) 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 Costa Rica – should be valid for a full six months past the date of entry*)
- ❑ **Declaration of Consent to Travel** (*Available through CampMinder 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 – see our blog on [hiking footwear](#) if you have questions about what is appropriate.*)
- ❑ **Medium-sized backpack** – (*40-65 liters / 2500-4000 cubic inches – most school backpacks are about 30 liters / 2000 cubic inches and will be too small to carry four days-worth of clothing and gear. Note that you are welcome to bring a bag larger than 65 liters if you already have one that size.*)
- ❑ **Day Pack** (*25-35 liters / 1600-2200 cubic inches – most school backpacks fall in this range and will work well.*)
- ❑ **Medium to large duffel bag** (*soft-sided, 90-120 liters – this will act as a storage locker. 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.*

#### Optional

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

#### Clothing Essentials

*Please take the warm layers listed below seriously – it can get chilly in the evenings for portions of the trip.*

- ❑ 5-6 Pairs of underwear, 3-4 sports bras (*as necessary*)
- ❑ 5-6 Pairs of socks (*synthetic or wool blend – do not bring cotton*)
- ❑ 3-4 Hiking shirts (*synthetic/non-cotton and at least one long sleeve*)
- ❑ 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 pants (*"joggers" work well*)
- ❑ 1 Light-weight fleece jacket, pullover, or synthetic hooded sweatshirt (*non-cotton*)
- ❑ 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.*
- ❑ 2 Quick-drying swim suits
- ❑ 1 Pair of sport sandals with heel strap or sneakers for around camp (*flip-flops or slides are not adequate*)

Apogee Adventures, PO Box 505, Brunswick, ME 04011  
207.725.7025 or [info@apogeeadventures.com](mailto:info@apogeeadventures.com)

- ❑ 1 Baseball cap or sun hat
- ❑ Work gloves for community service

**Optional**

- ❑ 1 Pair of pajamas (*a cotton t-shirt and boxer shorts work well*)
- ❑ 1 Pair of waterproof pants
- ❑ 1 Pair of flip-flops (in addition to sport sandals, *not* to replace them)

**Gear Essentials**

- ❑ 1 Lightweight sleeping bag liner (*you will not need a full sleeping bag for this trip*)
- ❑ 2 One-liter plastic water bottles
- ❑ 1 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 2 heavyweight garbage bags*)
- ❑ 6-8 Re-sealable plastic freezer bags (*two-gallon size for keeping clothing or other items organized and dry*)

**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*).
- ❑ 1 Beach towel
- ❑ 1 Medium-sized quick-drying camp towel
- ❑ Sun block (*SPF 30 or higher*)
- ❑ Lip balm (*with sun protection*)
- ❑ Insect Repellent 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, 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 plan on sending cash with your child, please send US Dollars, not Costa Rican Colónes, as many vendors prefer USD. If your child has an ATM card, they can withdraw U.S. Dollars or Costa Rican Colónes at a reasonable conversion rate from any ATM machine (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 (*please do not plan to use a cell phone as a camera*)
- ❑ Journal and pencil/pen
- ❑ Book for reading (*paperback recommended*)

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 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.**
- ❑ **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 per week while on trip.

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### Packing Instructions

#### **Packing Instructions:**

1. Please label everything with your child's name
2. Please pack your child's belongings (including their empty hiking backpack) into the duffel. The trip leaders will oversee packing for each portion of the trip.
3. The group will have safe places to store extra luggage at each destination. With the exception of the eco-lodge portion of the trip, your child will keep their day-to-day belongings in their duffel bag over the course of the trip, packing items into their day pack as needed for daily access during activities. During the eco-lodge section, students will pack items into their hiking backpack (packing for this portion will be thoroughly explained by the leaders). Anything not necessary for the eco-lodge portion can be stored in duffels during that time.
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 should wear their hiking boots for plane travel.
  - Everything else (including their empty hiking backpack) should be in the duffel and the duffel should be checked.