

# APOGEE ADVENTURES

## 2025 New England Mountains & Coast Packing List

Please find the packing list for our *New England Mountains & Coast* (NEMC) 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 – see our blog on [hiking footwear](#) if you have questions about what is appropriate.*)
- ❑ **Day pack** (*25-35 liters (1600-2200 cubic inches) – about the size of a school backpack and ideally with hip and sternum straps.*)
- ❑ **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 backpack*)

### Clothing Essentials

- ❑ 5-6 Pairs of underwear
- ❑ 5-6 Pairs of socks (*synthetic or wool blend – do not bring cotton*)
- ❑ 2 T-shirts for Hiking (*synthetic/non-cotton*)
- ❑ 2 Long Sleeve Shirts for Hiking (*synthetic/non-cotton*)
- ❑ 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
- ❑ 1 Wool or synthetic long underwear top and bottom (*medium weight, long sleeve*)
- ❑ 1-2 Medium-weight jackets or pullovers (*fleece, synthetic, or down*)
- ❑ 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 Swimsuit
- ❑ 1 Fleece or wool hat
- ❑ 1 Pair of gloves
- ❑ 1 Pair of lightweight sport sandals with heel strap for around camp, swimming, rafting, and kayaking
- ❑ 1 Baseball cap or sun hat

### **Optional**

- ❑ 1 Pair of waterproof pants
- ❑ 1 Pair of sneakers for around camp, community service, and exploring towns
- ❑ 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 lightweight casual pants

### **Camping Essentials**

- ❑ Sleeping bag (*20° or 30° temperature rating, synthetic is recommended*)
- ❑ 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 or stainless steel 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
- ❑ 8-10 Resealable plastic freezer bags (*One- to two-gallon size for keeping clothing or other items dry*)
- ❑ 3-4 Large plastic garbage bags (*for keeping clothing or sleeping bag dry*)

### **Optional**

- ❑ Portable camping chair
- ❑ Camping pillow (*inflatable or very compact – note that a sleeping bag stuff sack filled with clothes works well, too*)
- ❑ Sleeping bag liner
- ❑ Travel mug

### **Personal Essentials**

- ❑ Two-ounce 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**

- ❑ Sun block & insect repellent (*leaders will have group sun block and bug spray, but students are welcome to bring a small, personal bottle if they would prefer*)

### **Other Essentials**

- ❑ Spending money for souvenirs, showers, and laundry (*we recommend no more than \$75 for the trip – trip leaders will designate appropriate times to use personal spending money. Please bring \$10 of the money in quarters 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*)

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.

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### Packing Instructions

#### **Packing Instructions:**

1. Please label everything with your child's name
2. Please pack your child's belongings into the duffel.
3. This trip is van-supported - meaning that students will be transported from point to point in a van. Your child will keep their belongings in their duffel bag over the course of the trip, packing items into their day pack as needed for daily access during activities.
4. **If your child is flying:**
  - Please pack the backpack with a change of clothes, any important medication, and a water bottle. The backpack 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 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 should be packed in the duffel and the duffel should be checked.