

## CANADIAN ROCKIES & MONTANA Packing List

### Things to know

- We travel light on Overland trips; please only bring items on your packing list.
- Your group will have access to laundry periodically.
- Please do not bring any electronics (including your cell phone). See FAQs for more information on our cell phone and electronics policy.
- Do not bring any type of knife or multi-tool (such as a Swiss Army knife or Leatherman tool).
- A high-visibility outer layer is required at all times while biking. See packing descriptions for more details.
- If you are flying to your trip start, pack your sleeping pad and bike shoes in your bike box or checked bag. Take your helmet and sleeping bag with you on the plane as carry-on items, in case your checked luggage fails to arrive on time. Pack all remaining items in your checked duffel bag or in your checked panniers. You can tape or strap your panniers together to check them as one piece of luggage; see luggage description for more details.
- There are no reimbursements for lost, damaged or stolen items.
- Please wear the navy Overland shirt that you will receive from the Overland office to your trip start location.

Please know that if your student arrives sick at trip start, they will not be allowed on the program. For more information on the packing list, please refer to the “What to Pack” tab on your trip’s page on the website.

### Luggage

- Pair of Panniers

### Clothing

- Navy Overland Shirt (1)
- Synthetic High-Visibility T-Shirts (3) & Vest (1)
- Bike Shorts (2)
- Long-Sleeve T-Shirt (1)
- T-Shirt (1)
- Shorts (1)
- Fleece Pants (1)
- Underwear (4)
- Athletic Socks (pair) (4)
- Wool and/or Synthetic Socks (1)
- Synthetic Long Underwear Top & Bottom (1)
- Pair of Gloves or Mittens (1)
- Winter Hat
- Swimsuit (optional)
- Pajamas (optional)

### Outer Layers

- Fleece Jacket or Pullover
- Waterproof Raincoat
- Waterproof Rain Pants (optional)

### General Gear

- Sleeping Bag
- Sleeping Pad
- Bowl, Mug & Utensils
- Headlamp & Extra Batteries
- Water Bottle
- Hydration System with a 2- or 3-liter capacity

### Bike Gear

- Touring Bicycle & Rear Rack
- Clipless Pedals or Toe Cages
- Bike Helmet

- Rear Bike Light
- Bike Gloves
- Bungee Cords (4)
- Water Bottle Cages (2)
- Spare Spokes (4)
- Spare Tube (1)
- Spare Set of Brake Pads (1)
- Patch Kit (1)
- Set of Tire Levers (1)
- Chamois Cream (optional)

### Footwear

- Shoes for Biking (pair)
- Water Shoes (pair)

### Travel Documents

- Passport
- Photo Identification
- Unaccompanied Minor Fee Receipt (if applicable)
- Baggage Fee Receipt (if applicable)

### Miscellaneous

- Pre-trip Training Calendar
- Synthetic Camping Towel
- Toiletries
- Gallon Sized Ziploc Bags (10)
- Large Trash Bags (5)
- Sunglasses
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)
- Insect Repellent
- Spending Money
- Personal Journal or Book (optional)
- Camera, Charger & Extra Batteries (optional)
- Health Insurance Card

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