

American Challenge Packing List

Things to know

- We travel light at Overland; please only bring items on this list.
- Please wear the navy Overland T-shirt that you will receive from Overland to your trip start.
- Your group will have access to laundry periodically.
- Please do not bring your smart phone (or any other electronics).
- 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, 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.
- There are no reimbursements for lost, damaged or stolen items.

Luggage

- Panniers**—*Panniers are saddlebags sold in pairs that attach to either side of your rear rack. You should have large panniers, 2,400-3,000 cubic inches total (for the pair), designed for touring. One large pannier has internal dimensions of approximately 17" x 13" x 7". You should be able to fit all of your belongings, besides your sleeping bag and pad, into your panniers and have some space left for group gear.*

Clothing

- Navy Overland T-Shirt (1)**
- Synthetic High-Visibility T-Shirts (3) & Vest (1)**—*A high-visibility outer layer is required at all times while biking (high-visibility is a neon or fluorescent color, typically yellow, orange or pink). On warm days a high-visibility T-shirt will be sufficient. The vest should be large enough to wear over warm layers while riding on cooler days. High-visibility bike jerseys are acceptable but not necessary.*
- Synthetic T-Shirt (1)**
- Bike Shorts (2)**—*Biking-specific shorts with a padded seat.*
- Shorts (1)**—*Comfortable shorts to wear around camp.*
- Underwear (5)**
- Athletic Socks (4)**
- Wool and/or Synthetic Socks (2)**
- Swimsuit (optional)**—*If we swim, many students will wear shorts (and a sports bra for girls).*

Outer Layers

- Fleece Jacket or Pullover (1)**
- Raincoat (1)**—*Waterproof material (e.g., Gore-Tex, or similar) is required. Your jacket should be large enough to allow layers underneath. Ponchos are not acceptable.*

General Gear

- Sleeping Bag**—*A lightweight, compact sleeping bag rated to 30 degrees Fahrenheit or less. We recommend either synthetic or treated down material. Your sleeping bag should compress into a stuff sack no larger than 20" in length.*
- Sleeping Pad**—*3/4-length closed cell foam (thin and firm) or self-inflating.*
- Headlamp**
- Bowl, Mug & Utensils**—*6" to 8" plastic dish or bowl with top, insulated plastic mug, spoon, fork and knife. These don't need to be special camping utensils (a Tupperware dish and regular utensils are fine).*
- Water Bottle**—*A 24-ounce bike bottle is ideal (on arrival you will receive a second bottle from us).*
- Hydration System**—*A CamelBak or Platypus (or similar) with a 2- or 3-liter capacity. Must be a high-visibility color (if it is not hi-vis, you must cover it with hi-vis fabric or tape). The hydration system should be designed to primarily carry water (if it is too big it will be uncomfortable to wear all day).*

Bike Gear

- Touring Bicycle & Rear Rack**—*One of the following bikes is required: Trek 520, Surly Long Haul Trucker, Fuji Touring or Salsa Marrakesh. These bikes must be in excellent condition and must have been purchased in the past 48 months. Other bicycles are not acceptable.*
- Bike Helmet**—*If you are flying to your trip, carry your helmet on the plane with you.*
- Bungee Cords(4)**—*These should be 18-24" in length. Bungee cords are included with an Overland bike rental.*
- Bike Lights**—*Bike lights (front and rear) are required—both when you train in the spring and once you are on your Overland trip. The lights should be USB powered with a variety of mounting options (clipping onto a pannier or a rear rack, for example). For front lights, we recommend either the Bontrager Ion 100 or the Bontrager Ion 120. For rear lights, we recommend the Bontrager Flare R or Flare RT. These lights are available from Trek bike dealers and on the Trek website.*
- Water Bottle Cages**—*Two cages, attached to the bike frame. Some smaller-sized bike frames cannot accommodate two cages. If this is the case, you will be able to carry water bottles in your panniers or on your rack. All Overland rental bikes come with two water bottle cages.*
- Spare Bike Tubes (4)**—*Spare tubes that matches your bike's tire size and valve system.*
- Spare Set of Brake Pads (1)**
- Spare Bike Spokes (4)**—*Spare spokes that fit your wheels (two front and two rear) including the spoke nipple. Ask your local bike shop for guidance.*
- Spare Bike Tire (1)**—*One spare tire that matches you bike's tire size and valve stem.*
- Set of Tire Levers (1)**
- Hex Wrench Multi-tool (1)**
- Tire Patch Kit (1)**
- Bike Gloves**—*Well-padded for comfort.*
- Chamois Cream (optional)**—*Special cream to reduce chafing and saddle sores. You can purchase chamois cream at any bike shop.*
- Handlebar Bag (optional)**—*Great for snacks, sunscreen and bike tools.*

Footwear

- Shoes for Biking**—*Bike touring or mountain biking shoes with bottom treads and "clipless" recessed cleats. A popular style of clipless shoes and pedals are SPDs. You may also ride in running shoes and bring toe cages to attach to your pedals. Please do not bring racing shoes as they have hard soles that are uncomfortable to walk in.*
- Camp Shoes**—*Closed-shoes to wear around camp. Crocs or lightweight tennis shoes are ideal.*

Miscellaneous

- Synthetic Camping Towel**—*A medium-size synthetic camping towel (synthetic camping towels dry much faster than regular towels).*
- Travel Size Toiletries**
- Sunglasses**
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)**
- Insect Repellent**
- Gallon Sized Ziploc Bags (10)**—*To organize and waterproof your gear and small items.*
- Large Trash Bags (5)**—*To waterproof your gear.*
- Camera, Charger & Extra Batteries (optional)**—*A digital or disposable camera.*
- Personal Journal or Book (optional)**

Important Documents

- Health Insurance Card**—*Please bring an original or copy of your health insurance card.*
- Photo Identification**—*If you are not flying: Overland does not require photo identification. If you are flying within the U.S.: The TSA website has two relevant pieces of information. (1) "TSA does not require children under 18 to provide identification when traveling with a companion within the United States." This language indicates that TSA staff can insist that an under-18 year old who does not have a companion (we interpret this as a companion who is 18 or over traveling with them—not just checking them in) must have TSA-compliant identification. Our experience is that this requirement is inconsistently enforced but, since it might be enforced, we recommend that all Overland students who are flying to/from their trip have TSA-compliant identification. (2) "Contact the airline for questions regarding specific ID requirements for travelers under 18." This is always smart to do as airline policies vary widely and change frequently.*

Spending Money

Spending Money & Miscellaneous Expenses—

Each student should bring a debit card, an ATM card or a prepaid Visa card to cover spending money and miscellaneous expenses. Spending Money: While all meals and activities are included in the trip fee, we recommend \$25/week for spending money (for example: for souvenirs or an occasional drink or snack beyond what is provided to the group as a whole). Miscellaneous Expenses: Most Overland students will incur some expenses while traveling (for example: an equipment repair or baggage fees at trip end). Please add \$100 to the debit/ATM/Visa card (in addition to spending money), to cover these expenses.