

CAPE COD & THE ISLANDS 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

- Medium-Sized Duffel Bag or Pair of Panniers

Clothing

- Navy Overland Shirt (1)
- Synthetic High-Visibility T-Shirts (3) & Vest (1)
- Shorts for Biking (3)
- Shorts (1)
- Synthetic T-Shirt (1)
- Long-Sleeve T-Shirt (1)
- Underwear (5)
- Athletic Socks (pair) (4)
- Synthetic Long Underwear Top & Bottom (1)
- Wool and/or Synthetic Socks (1)
- Swimsuit (1)
- Pajamas (optional)

Outer Layers

- Fleece Jacket or Pullover
- Waterproof Raincoat

General Gear

- Sleeping Bag
- Sleeping Pad
- Bowl, Mug & Utensils
- Headlamp & Extra Batteries
- Water Bottle
- Hydration System (optional)

Bike Gear

- Touring Bicycle & Rear Rack
- Bike Helmet
- Rear Bike Light
- Water Bottle Cages
- Spare Bike Tubes (1)

Footwear

- Shoes for Biking (pair)
- Sandals (pair)

Travel Documents

- Photo Identification

Miscellaneous

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