

# Cape Cod & the Islands 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

- Medium-Sized Duffel Bag or Pair of Panniers**—*Panniers are saddlebags sold in pairs that attach to either side of your rear rack. If you are renting panniers from Overland, pack your belongings in a collapsible bag (3,000-5,000 cubic inch/ 50-80 liters). We will have your bag available at the end of the trip for travel home. The cost of renting panniers from Overland is included in a bike rental (or they can be rented separately for \$50). If you are bringing your own panniers you will want large panniers, 2,400-3,000 cubic inches (40-50 liters) total, designed for bike 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 two panniers and have some space for group gear. If flying to trip start, you can tape your panniers together so that they count as a single piece of checked luggage.*

## 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.*
- T-Shirt (1)**
- Lightweight Long-Sleeve T-Shirt (1)**
- Shorts for Biking (2)**—*Synthetic material recommended (some students bring padded, spandex bike shorts but they are not required).*

- Shorts (1)**—*Comfortable shorts to wear around camp.*
- Underwear (5)**
- Athletic Socks (4)**
- Wool and/or Synthetic Socks (1)**
- Swimsuit (1)**
- Pajamas (optional)**—*Students sometimes prefer to sleep in shorts and a T-shirt instead of pajamas.*

## 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).*

# OVERLAND

### **Bike Gear**

- Touring Bicycle & Rear Rack**—*You may choose to rent a bicycle and rear rack from Overland to use during your trip or you can bring your own. Please note: the American Challenge, European Challenge and Canadian Rockies & Montana 2-week require specific bikes—keep this in mind if you are buying a new bike now and plan on doing one of these trips in a future summer.*
- Bike Helmet**—*If you are flying to your trip, carry your helmet on the plane with you.*
- 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.*

### **Footwear**

- Shoes for Biking**—*You may ride in running shoes with flat pedals or bring bike touring or mountain biking shoes with bottom treads and "clipless" recessed cleats. The bikes we rent come with flat pedals appropriate for biking in running shoes. If you wish to ride in biking shoes, you will need to bring your own "clipless" pedals. A popular style of clipless shoes and pedals are SPDs. Please do not bring racing shoes since they have hard soles that are uncomfortable to walk in.*
- Sandals**—*Flip flops or Crocs work well.*

### **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.*