

## COLORADO EXPEDITION 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).
- If you are flying to trip start carry your sleeping bag and sleeping pad on the plane in case your checked luggage fails to arrive on time.
- Pack everything in your backpack or day pack. Do not bring additional luggage.
- 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.

**Participants Arriving Sick or Injured:** Participants should not be dropped off or fly to trip start if they are sick or injured. Participants should remain at home until they are no longer ill and are fully recovered from any illness or injury. Sick or injured participants arriving for trip start must remain with the drop off parent/guardian or be flown home at the parent/guardian's expense. Please notify our office as soon as possible if your child is sick or injured. Your child may or may not be able to join the group at a later date. Please review the details of your trip insurance policy for illness and injury coverage benefits.

### Clothing

- Navy Overland Shirt (1)
- Fleece Pants (1)
- Synthetic Hiking Pants (optional)
- Synthetic Long Underwear Top & Bottom (1)
- Synthetic Shorts (3)
- Synthetic T-Shirt (3)
- Underwear (5)
- Wool and/or Synthetic Socks (4)
- Winter Hat (1)
- Gloves or Mittens (pair)
- Hat with Visor (1)
- Swimsuit (optional)
- Pajamas (optional)

### Outer Layers

- Lightweight Fleece Jacket or Pullover (1)
- Fleece or Packable Synthetic/Down Jacket (1)
- Insulated Vest (1)
- Waterproof Raincoat (1)
- Waterproof Rain Pants (1)

### General Gear

- Internal Frame Backpack
- Waterproof Pack Cover (optional)
- Day Pack
- Sleeping Bag

- Sleeping Pad
- Bowl, Mug & Utensils
- Water Bottle
- Headlamp & Extra Batteries
- Adjustable Trekking Poles (optional)
- Gaiters (optional)

### Footwear

- Waterproof Hiking Boots
- Camp Shoes

### Travel Documents

- Photo Identification

### Miscellaneous

- Synthetic Camping Towel
- Toiletries
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)
- Insect Repellent
- Package of Moleskin or Molefoam
- Gallon Sized Ziploc Bags (10)
- Large Trash Bags (4)
- Spending Money
- Sunglasses
- Personal Journal or Book (optional)
- Camera, Charger & Extra Batteries (optional)
- Health Insurance Card

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