

Canadian Rockies & Montana 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.*
- T-Shirt (1)**
- Lightweight Long-Sleeve T-Shirt (1)**
- Bike Shorts (2)**—*Biking-specific shorts with a padded seat.*
- Shorts (1)**—*Comfortable shorts to wear around camp.*
- Fleece Pants (1)**—*Please do not bring cotton sweatpants (they are heavy and bulky and will not keep you warm if wet).*
- Synthetic Long Underwear Top & Bottom (1)**
- Underwear (5)**
- Athletic Socks (4)**
- Wool and/or Synthetic Socks (1)**
- Swimsuit (1)**
- Winter Gloves or Mittens (1)**—*Insulated, warm and waterproof. Avoid knit and porous materials.*
- Winter Hat (1)**

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.*
- Waterproof Rain Pants (optional)**

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**—*Please bring an extra battery/batteries.*
- 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**—*For Canadian Rockies & Montana 3-week, 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. For Canadian Rockies & Montana 2-week, 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.*
- Clipless Pedals or Toe Cages**—*The bikes we rent*

come with flat pedals appropriate for biking in running shoes. If you are renting a bike from Overland, you should bring your own "clipless" pedals (and bike shoes) or toe cages to attach to the flat pedals.

- Bike Helmet**—*If you are flying to your trip, carry your helmet on the plane with you.*
- Rear Bike Light**—*A rear bike light is required—both when you train in the spring and once you are on your Overland trip in the summer. The light can be USB or battery powered with a variety of mounting options (clipping on to a pannier or a rear rack, for example). There are a wide range of bike lights available; we recommend the Bontrager Flare R or Flare RT, which are available from Trek bike dealers and on the Trek website. Note: if you are renting a bike from Overland this summer, please bring your bike light (your leaders will help you mount it on your rental bike).*
- Bungee Cords(4)**—*These should be 18-24" in length. Bungee cords are included with an Overland bike rental.*
- Bike Gloves**—*Well-padded for comfort.*
- 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 Parts**—*If you are bringing your own bicycle you will need to bring: four spare spokes (two rear & two front); one spare tube (matched to the size and diameter of your bike's tires); one spare set of brake pads; one tire patch kit; and one set of tire levers. These items are included with an Overland Bike Rental.*
- Chamois Cream (optional)**—*Special cream to reduce chafing and saddle sores. You can purchase chamois cream at any bike shop.*

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.*
- Water Shoes**—*Closed-toed sport sandals, water shoes or old sneakers to wear on the water. Sandals must have a heel strap for activities such as kayaking, rafting or canoeing (flip flops and Crocs are not acceptable).*

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.*
- Passport**—*Please bring a passport that is valid until at least six months after your trip end date.*
- Passport Photocopies**—*Make at least four photocopies of your passport and visa (if applicable). Leave one copy with your family and put photocopies in both your checked luggage and carry-on luggage for the flight, separate from your original documents.*
- Permission to Travel to and From Canada**—*Please bring a copy of your Permission to Travel to and From Canada form.*

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.*