

Field Studies Patagonia 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).
- Pack everything in your backpack or day pack. Do not bring additional luggage.
- Linens and pillows are provided at most group accommodations. Students may choose to use their sleeping bag for additional warmth if necessary.
- There are no reimbursements for lost, damaged or stolen items.

Luggage

- Internal Frame Backpack—65-85 liters or 4,000-5,100 cubic inches. We recommend getting fitted at a store and trying on multiple packs.

Outer Layers

- Fleece Jacket or Pullover (1)
- Lightweight Synthetic or Down Jacket (1)
- Insulated Fleece or Down Vest (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 (1)

Footwear

- Waterproof Hiking Boots—Choose comfortable boots designed for hiking with a pack (i.e., mid to high cut for ankle support). Boots should be waterproof. Break them in before the start of your trip.
- Sneakers—Comfortable shoes with good traction.
- Sandals—Flip flops or Crocs work well.

Clothing

- Navy Overland T-Shirt (1)
- T-Shirt (2)
- Synthetic T-Shirt (3)
- Synthetic or Wool Top (1)—Medium to heavyweight. For layering with long underwear and jackets.
- Shorts (2)—Shorts or skirts to wear while hiking, traveling or exploring towns and cities. At least one pair must be an appropriate length for visiting cultural sites (with your arms at your sides, shorts or skirts must extend beyond fingertips).
- Pants (2)—One pair for traveling and walks through cities and towns. A second pair, synthetic, suitable for hiking.
- 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 (2)
- Underwear (7)
- Athletic Socks (2)
- Wool and/or Synthetic Socks (4)
- Winter Gloves or Mittens (1)—Insulated, warm and waterproof. Avoid knit and porous materials.
- Winter Hat (1)
- Neck Gaiter or Buff (1)
- Pajamas (optional)—Students sometimes prefer to sleep in shorts and a T-shirt instead of pajamas.

General Gear

- Waterproof Pack Cover**—*If your backpack does not come with a cover, we recommend buying a cover one size larger than your pack.*
- Day Pack**—*1,300-2,000 cubic inch (20 - 30 liters) two-shoulder backpack with a hip belt and chest strap large enough to hold your lunch, two water bottles, snacks, extra layers and rain jacket. Use your day pack as a carry-on for your flight and for daily activities or hikes. No satchels or shoulder bags.*
- Sleeping Bag**—*A lightweight, compact sleeping bag rated to 20 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.*
- Adjustable Trekking Poles**—*To add stability, reduce strain on the knees and improve balance while crossing unstable surfaces.*
- Kahtoola Brand Microspikes**—*To wear over your boots for traction on snowy and icy surfaces during hikes. Test the Microspikes on your boots prior to travel. Kahtoola microspikes are the only brand permitted.*
- Gaiters**—*Calf-height, waterproof gaiters to protect your legs and feet when hiking through brush, across snow fields or streams.*
- Headlamp**—*Please bring an extra battery/batteries.*
- 1-Liter Water Bottle**
- Insulated Plastic Mug (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.*

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.*

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 (4)**—*To waterproof your gear.*
- Package of Moleskin or Molefoam**—*To protect your feet from blisters.*
- Travel-sized Spanish-English Dictionary**
- Notebook & Pen**
- Camera, Charger & Extra Batteries (optional)**—*A digital or disposable camera.*
- Personal Journal or Book (optional)**