

Language & Hiking France 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—50-70 liters or 3,000-4,300 cubic inches (if you plan to do longer backpacking trips in the future, consider purchasing a pack that is towards the higher end of this range. We recommend getting fitted at a store and trying on multiple packs.

Clothing

- Navy Overland T-Shirt (1)
- T-Shirt (2)
- Synthetic T-Shirt (3)
- Synthetic Shorts (3)
- Pants (1)—Suitable for day hikes, travel or walks through towns and cities.
- Synthetic Long Underwear Top & Bottom (1)
- Casual Dress Outfit (1)—Appropriate for dining out with your group. Do not bring an extra pair of shoes for this outfit.
- Underwear (5)
- Athletic Socks (3)
- Wool and/or Synthetic Socks (4)
- Gloves or Mittens (1)
- Winter Hat (1)
- Hat with Visor (optional)
- Swimsuit (optional)—If we swim, many students will wear shorts (and a sports bra for girls).
- Pajamas (optional)—Students sometimes prefer to sleep in shorts and a T-shirt instead of pajamas.

Outer Layers

- Fleece Jacket or Pullover (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 (optional)—Flip flops or Crocs work well.

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**—*Basic two-shoulder backpack 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. A standard school backpack is usually fine (no satchels or shoulder bags).*
- Synthetic Sleeping Bag**—*A lightweight, compact synthetic sleeping bag rated to 40 degrees Fahrenheit or less. A synthetic sleeping bag is required for this trip; down is not appropriate as it does not insulate if wet. Your sleeping bag should compress into a stuff sack no larger than 20" in length.*
- Sleeping Pad**—*¾-length or full-length closed cell foam (thin and firm) or self-inflating.*
- 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).*
- Headlamp**—*Please bring an extra battery/batteries.*
- Water Bottle**—*One 1-liter bottle. A Camelbak or similar water carrier is acceptable.*
- Adjustable Trekking Poles (optional)**—*To add stability, reduce strain on the knees and improve balance while crossing unstable surfaces.*

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 (5)**—*To organize and waterproof your gear and small items.*
- Large Trash Bags (2)**—*To waterproof your gear.*
- Package of Moleskin or Molefoam**—*To protect your feet from blisters.*
- Travel-sized French-English Dictionary**
- Notebook & Pen**
- Camera, Charger & Extra Batteries (optional)**—*A digital or disposable camera.*
- Personal Journal or Book (optional)**