# Language & Hiking Spain 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 smartphone (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 should bring a sleeping bag liner to use on weekend trips to mountain lodges.
- There are no reimbursements for lost, damaged or stolen items.

## Luggage
- Medium-Sized Duffel Bag or Backpack—3,000-5,000 cubic inch (50-80 liters) backpack or duffel bag.

## Clothing
- Navy Overland T-Shirt (1)
- T-Shirt (1)
- Synthetic T-Shirt (4)
- Synthetic Shorts (3)
- Synthetic Hiking Pants (1)—Lightweight and quick dry material. Non-cotton warmup style pants are acceptable.
- 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)
- Casual Dress Outfit (1)—Appropriate for dining out with your group. Do not bring an extra pair of shoes for this outfit.
- Underwear (7)
- Athletic Socks (2)
- Wool and/or Synthetic Socks (4)
- Swimsuit (1)
- Gloves or Mittens (1)
- Winter Hat (1)
- Hat with Visor (optional)
- Neck Gaiter or Buff (optional)
- Pajamas (optional)—Students sometimes prefer to sleep in shorts and a T-shirt instead of pajamas.

## Outer Layers
- Fleece Jacket or Pullover (1)
- Lightweight Synthetic or Down Jacket (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)

## General Gear
- 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).
- Sleeping Bag Liner—Linens and pillows are provided at most group accommodations; however, students should bring a sleeping bag liner to use on weekend trips to mountain lodges. We recommend either cotton or synthetic material. Your sleeping bag liner should fit in your fully-packed day pack.
- Headlamp—Please bring an extra battery/batteries.
- 1-Liter Water Bottle
**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.

**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.
- **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)**

**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.