

MOUNTAINS & SEA ADVENTURE 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.
- 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.

Please know that if your student arrives sick at trip start, they will not be allowed on the program. For more information on the packing list, please refer to the “What to Pack” tab on your trip’s page on the website.

Luggage

- Medium-Sized Duffel Bag or Backpack

Clothing

- Navy Overland Shirt (1)
- Synthetic T-Shirt (3)
- Long-Sleeve T-Shirt (2)
- Synthetic Shorts (3)
- Pants (1)
- Underwear (6)
- Athletic Socks (pair) (6)
- Swimsuit
- Hat with Visor
- Winter Hat
- Pajamas (optional)

Outer Layers

- Waterproof Raincoat
- Fleece Jacket or Pullover

General Gear

- Day Pack
- Sleeping Bag
- Sleeping Pad
- Flashlight or Headlamp & Extra Batteries
- Bowl, Mug & Utensils
- Water Bottle

Bike Gear

- Bike Helmet

Footwear

- Sneakers (pair)
- Water Shoes

Miscellaneous

- Synthetic Camping Towel
- Toiletries
- Sunglasses
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)
- Spending Money
- Camera, Charger & Extra Batteries (optional)
- Personal Journal or Book (optional)
- Pillow (optional)