## Mountains & Sea Adventure 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).
- If you are flying to your trip, carry your sleeping bag with you in case your checked luggage fails to arrive on time.
- 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) duffel bag or backpack.

### Clothing
- [ ] Navy Overland T-Shirt (1)
- [ ] T-Shirt (1)
- [ ] Synthetic T-Shirt (2)
- [ ] Lightweight Long-Sleeve T-Shirt (1)
- [ ] Synthetic Shorts (3)
- [ ] Fleece Pants (1)—Please do not bring cotton sweatpants (they are heavy and bulky and will not keep you warm if wet).
- [ ] Synthetic Hiking Pants (optional)—Lightweight and quick dry material. Non-cotton warmup style pants are acceptable.
- [ ] Underwear (6)
- [ ] Athletic Socks (6)
- [ ] Swimsuit (1)
- [ ] Hat with Visor (1)
- [ ] Winter Hat (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.

### 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—Any type of sleeping bag is acceptable.
- [ ] Sleeping Pad—3/4-length closed cell foam (thin and firm) or self-inflating.
- [ ] Flashlight or Headlamp
- [ ] 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).
- [ ] 1-Liter Water Bottle

### Bike Gear
- [ ] Bike Helmet—if you are flying to your trip, carry your helmet on the plane with you.

### Footwear
- [ ] Sneakers—Comfortable shoes with good traction
- [ ] 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
- Pillow (optional)—Compact, travel-size pillow recommended.
- 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.
- Photo Identification—If you are not flying:
  Overland does not require photo identification. If you are flying within the U.S.: The TSA website has two relevant pieces of information. (1) “TSA does not require children under 18 to provide identification when traveling with a companion within the United States.” This language indicates that TSA staff can insist that an under-18 year old who does not have a companion (we interpret this as a companion who is 18 or over traveling with them—not just checking them in) must have TSA-compliant identification. Our experience is that this requirement is inconsistently enforced but, since it might be enforced, we recommend that all Overland students who are flying to/from their trip have TSA-compliant identification. (2) “Contact the airline for questions regarding specific ID requirements for travelers under 18.” This is always smart to do as airline policies vary widely and change frequently.

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.