

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)

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.*

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.*