**North Country 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**

### 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.