NOVA SCOTIA & ACADIA 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).
- A high-visibility outer layer is required at all times while biking. See packing descriptions for more details.
- If you are flying to your trip start, pack your sleeping pad and bike shoes in your bike box or checked bag. Take your helmet and sleeping bag with you on the plane as carry-on items, in case your checked luggage fails to arrive on time. Pack all remaining items in your checked duffel bag or in your checked panniers. You can tape or strap your panniers together to check them as one piece of luggage; see luggage description for more details.
- Please wear the navy Overland shirt that you will receive from the Overland office to your trip start location.

**Participants Arriving Sick or Injured:** Participants should not be dropped off or fly to trip start if they are sick or injured. Participants should remain at home until they are no longer ill and are fully recovered from any illness or injury. Sick or injured participants arriving for trip start must remain with the drop off parent/guardian or be flown home at the parent/guardian’s expense. Please notify our office as soon as possible if your child is sick or injured. Your child may or may not be able to join the group at a later date. Please review the details of your trip insurance policy for illness and injury coverage benefits.

**Luggage**
- Medium-Sized Duffel Bag or Pair of Panniers

**Clothing**
- Navy Overland Shirt (1)
- Synthetic High-Visibility T-Shirts (3) & Vest (1)
- Shorts for Biking (3)
- Shorts (1)
- T-Shirt (1)
- Fleece Pants (1)
- Underwear (5)
- Athletic Socks (pair) (4)
- Wool and/or Synthetic Socks (1)
- Swimsuit (optional)

**Outer Layers**
- Fleece Jacket or Pullover (1)
- Waterproof Raincoat
- Waterproof Rain Pants (optional)

**General Gear**
- Sleeping Bag
- Sleeping Pad
- Bowl, Mug & Utensils
- Headlamp & Extra Batteries
- Water Bottle
- Hydration System (optional)

**Bike Gear**
- Touring Bicycle & Rear Rack

**Footwear**
- Shoes for Biking (pair)
- Water Shoes

**Travel Documents**
- Passport
- Passport Photocopies
- Photo Identification

**Miscellaneous**
- Synthetic Camping Towel (1)
- Gallon Sized Ziploc Bags (10)
- Large Trash Bags (5)
- Toiletries
- Sunglasses
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)
- Insect Repellent
- Personal Journal or Book (optional)
- Camera, Charger & Extra Batteries (optional)
- Spending Money
- Health Insurance Card