

Nova Scotia & Acadia 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).
- 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, 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.
- There are no reimbursements for lost, damaged or stolen items.

Luggage

- Medium-Sized Duffel Bag or Pair of Panniers**—*Panniers are saddlebags sold in pairs that attach to either side of your rear rack. If you are renting panniers from Overland, pack your belongings in a collapsible bag (3,000-5,000 cubic inch/ 50-80 liters). We will have your bag available at the end of the trip for travel home. The cost of renting panniers from Overland is included in a bike rental (or they can be rented separately for \$50). If you are bringing your own panniers you will want large panniers, 2,400-3,000 cubic inches (40-50 liters) total, designed for bike touring. One large pannier has internal dimensions of approximately 17" x 13" x 7". You should be able to fit all of your belongings, besides your sleeping bag and pad, into your two panniers and have some space for group gear. If flying to trip start, you can tape your panniers together so that they count as a single piece of checked luggage.*

Clothing

- Navy Overland T-Shirt (1)**
- Synthetic High-Visibility T-Shirts (3) & Vest (1)**—*A high-visibility outer layer is required at all times while biking (high-visibility is a neon or fluorescent color, typically yellow, orange or pink). On warm days a high-visibility T-shirt will be sufficient. The vest should be large enough to wear over warm layers while riding on cooler days. High-visibility bike jerseys are acceptable but not necessary.*
- T-Shirt (1)**
- Lightweight Long-Sleeve T-Shirt (1)**
- Shorts for Biking (2)**—*Synthetic material recommended (some students bring padded, spandex bike shorts but they are not required).*
- Shorts (1)**—*Comfortable shorts to wear around camp.*
- Fleece Pants (1)**—*Please do not bring cotton sweatpants (they are heavy and bulky and will not keep you warm if wet).*
- Underwear (5)**
- Athletic Socks (4)**
- Wool and/or Synthetic Socks (1)**
- Swimsuit (optional)**—*If we swim, many students will wear shorts (and a sports bra for girls).*

Outer Layers

- Fleece Jacket or Pullover (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.*
- Waterproof Rain Pants (optional)**

General Gear

- Sleeping Bag**—A lightweight, compact sleeping bag rated to 30 degrees Fahrenheit or less. We recommend either synthetic or treated down material. Your sleeping bag should compress into a stuff sack no larger than 20" in length.
- Sleeping Pad**—3/4-length closed cell foam (thin and firm) or self-inflating.
- Headlamp**—Please bring an extra battery/batteries.
- 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).
- Water Bottle**—A 24-ounce bike bottle is ideal (on arrival you will receive a second bottle from us).
- Hydration System (optional)**—A small backpack with a bladder inside (e.g., CamelBak or Platypus) works well. If you bring a backpack, it must be a high-visibility color; if the bag is not hi-vis, you must cover it with hi-vis fabric or tape. The backpack should be designed primarily to carry water (if it is too big or filled with other items, it will be uncomfortable to wear all day).

Bike Gear

- Touring Bicycle & Rear Rack**—You may choose to rent a bicycle and rear rack from Overland to use during your trip or you can bring your own. Please note: the American Challenge, European Challenge and Canadian Rockies & Montana 2-week require specific bikes—keep this in mind if you are buying a new bike now and plan on doing one of these trips in a future summer.
- Bike Helmet**—If you are flying to your trip, carry your helmet on the plane with you.
- Rear Bike Light**—A rear bike light is required—both when you train in the spring and once you are on your Overland trip in the summer. The light can be USB or battery powered with a variety of mounting options (clipping on to a pannier or a rear rack, for example). There are a wide range of bike lights available; we recommend the Bontrager Flare R or Flare RT, which are available from Trek bike dealers and on the Trek website. Note: if you are renting a bike from Overland this summer, please bring your bike light (your leaders will help you mount it on your rental bike).
- Bungee Cords**—These should be 18-24" in length. Bungee cords are included with an Overland bike rental.
- Water Bottle Cages**—Two cages, attached to

the bike frame. Some smaller-sized bike frames cannot accommodate two cages. If this is the case, you will be able to carry water bottles in your panniers or on your rack. All Overland rental bikes come with two water bottle cages.

- Spare Bike Tube**—Spare tube that matches your bike's tire size. All Overland rental bikes come with spare tubes.
- Bike Gloves (optional)**—Well-padded for comfort.

Footwear

- Shoes for Biking**—You may ride in running shoes with flat pedals or bring bike touring or mountain biking shoes with bottom treads and "clipless" recessed cleats. The bikes we rent come with flat pedals appropriate for biking in running shoes. If you wish to ride in biking shoes, you will need to bring your own "clipless" pedals. A popular style of clipless shoes and pedals are SPDs. Please do not bring racing shoes since they have hard soles that are uncomfortable to walk in.
- 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**
- Gallon Sized Ziploc Bags (10)**—To organize and waterproof your gear and small items.
- Large Trash Bags (5)**—To waterproof your gear.
- 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.*
- Passport**—*Please bring a passport that is valid until at least six months after your trip end date.*
- Passport Photocopies**—*Make at least four photocopies of your passport and visa (if applicable). Leave one copy with your family and put photocopies in both your checked luggage and carry-on luggage for the flight, separate from your original documents.*
- Permission to Travel to and From Canada**—*Please bring a copy of your Permission to Travel to and From Canada form.*

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.*