

SERVICE & HIKING NEW ENGLAND 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).
- Be sure to bring comfortable clothes that can get dirty and worn while volunteering.
- There are no reimbursements for lost, damaged or stolen items.
- Please wear the navy Overland shirt that you will receive from the Overland office to your trip start location.

Please know that if your student arrives sick at trip start, they will not be allowed on the program. For more information on the packing list, please refer to the “What to Pack” tab on your trip’s page on the website.

Luggage

- Medium-Sized Duffel Bag or Backpack

Clothing

- Navy Overland Shirt (1)
- T-Shirt (5)
- Long-Sleeve T-Shirt (1)
- Work Pants (1)
- Pants (1)
- Synthetic Shorts (2)
- Underwear (7)
- Athletic Socks (pair) (5)
- Swimsuit (1)
- Hat with Visor (1)
- Pajamas (optional)

Outer Layers

- Waterproof Raincoat (1)
- Fleece Jacket or Pullover (1)

General Gear

- Day Pack
- Sleeping Bag
- Water Bottle
- Flashlight or Headlamp & Extra Batteries

Footwear

- Sneakers (pair)
- Water Shoes

Travel Documents

- Photo Identification

Miscellaneous

- Extra Long Twin Linens
- Leather Work Gloves (pair)
- Small Bath Towel
- Beach Towel
- Toiletries
- Sunglasses
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)
- Spending Money
- Camera, Charger & Extra Batteries (optional)
- Personal Journal or Book (optional)
- Health Insurance Card

OVERLAND