

# Service & Hiking New England 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).
- Be sure to bring comfortable clothes that can get dirty and worn while volunteering.
- There are no reimbursements for lost, damaged or stolen items.

## Luggage

- Medium-Sized Duffel Bag or Backpack—*3,000-5,000 cubic inches (50-80 liters) duffel bag or backpack.*

## Clothing

- Navy Overland T-Shirt (1)
- T-Shirt (5)
- Lightweight Long-Sleeve T-Shirt (1)
- Synthetic Shorts (2)
- Pants (1)—*Suitable for day hikes, travel or walks through towns and cities.*
- Work Pants (1)—*Durable and suitable for trail work.*
- Underwear (7)
- Athletic Socks (5)
- Hat with Visor (1)
- Swimsuit (1)
- Pajamas (optional)—*Students sometimes prefer to sleep in shorts and a T-shirt instead of pajamas.*

## 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.*

## 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.*
- Flashlight or Headlamp
- 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

- Extra Long Twin Linens—*One to two sets of linens. A pillow, mattress pad and blanket are provided.*
- Small Bath Towel
- Beach Towel
- Travel Size Toiletries
- Leather Work Gloves—*Sturdy gloves to wear during volunteer work.*
- Sunglasses
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)
- 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.*
- **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.*

### **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.*