

Writing & 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).
- Overland provides you with a laptop. If you have writing samples you want to bring with you, bring those documents on a flash drive or as a hard copy.
- There are no reimbursements for lost, damaged or stolen items.

Luggage

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

Clothing

- Navy Overland T-Shirt (1)
- T-Shirt (4)
- Synthetic Shorts (3)
- Pants (1)—*Suitable for day hikes, class and cool evenings.*
- Synthetic Long Underwear Top & Bottom (1)
- Underwear (7)
- Athletic Socks (5)
- Wool and/or Synthetic Socks (4)
- 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.*
- 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).*
- Flashlight or Headlamp—*Please bring an extra battery/batteries.*
- 1-Liter Water Bottle

Footwear

- Waterproof Hiking Boots—*Choose comfortable boots designed for hiking with a pack (i.e., mid to high cut for ankle support). Boots should be waterproof. Break them in before the start of your trip.*
- Sneakers—*Comfortable shoes with good traction.*
- Water Shoes—*Closed-toed sport sandals, water shoes or old sneakers to wear on the water.*
- Sandals (optional)—*Flip flops or Crocs work well.*

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
- Sunglasses
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)
- Room Fan (optional)—*The Williams College Dorms are not air-conditioned. Overland will have some fans available. If you are arriving by car, we encourage you to pack a small fan.*
- USB Flash Drive—*1 GB on memory to save your writing projects at trip end.*
- 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.*