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)**

**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.