

LANGUAGE AND HIKING SPAIN 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).
- If you are flying to trip start, wear your hiking boots and carry your sleeping bag and sleeping pad on the plane in case your checked luggage fails to arrive on time.
- Pack everything in your backpack or day pack. Do not bring additional luggage.
- Linens and pillows are provided at most group accommodations. Students may choose to use their sleeping bag for additional warmth if necessary.
- 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.

Clothing

- Navy Overland Shirt (1)
- Synthetic Hiking Pants (1)
- Fleece Pants (1)
- Synthetic Shorts (3)
- Synthetic Long Underwear Top & Bottom (1)
- Synthetic T-Shirt (4)
- T-Shirt (1)
- Underwear (7)
- Wool and/or Synthetic Socks (4)
- Athletic Socks (2)
- Casual Dress Outfit (1)
- Winter Hat
- Gloves or Mittens (pair)
- Swimsuit
- Neck Gaiter or Buff (optional)
- Pajamas (optional)
- Hat with Visor (optional)

Outer Layers

- Fleece Jacket or Pullover
- Packable Synthetic or Down Jacket
- Waterproof Raincoat
- Waterproof Rain Pants (1)

General Gear

- Day Pack
- Sleeping Bag Liner
- Headlamp & Extra Batteries
- Water Bottle

Footwear

- Waterproof Hiking Boots
- Sneakers (pair)
- Sandals (pair) (optional)

Travel Documents

- Passport
- Passport Photocopies (4)

Miscellaneous

- Synthetic Camping Towel
- Package of Moleskin or Molefoam
- Toiletries
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)
- Insect Repellent
- Sunglasses
- Spending Money
- Gallon Sized Ziploc Bags (5)
- Spanish-English Dictionary
- Notebook & Pen
- Personal Journal or Book (optional)
- Camera, Charger & Extra Batteries (optional)
- Health Insurance Card

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