

Canadian Rockies & Montana Packing List

Things to Know

- Students should bring at least two reusable face masks on their trip. Overland will provide one additional mask.
- Your group will have access to laundry periodically.
- Please do not bring your smartphone (or any other electronics).
- Do not bring any type of knife or multi-tool (such as a Swiss Army knife or Leatherman tool).
- A high-visibility outer layer is required at all times while biking. See packing descriptions for more details.
- If you are flying to your trip, pack your sleeping pad and bike shoes in your bike box or checked bag. Take your helmet and sleeping bag with you on the plane as carry-on items, in case your checked luggage fails to arrive on time. Pack all remaining items in your checked duffel bag or in your checked panniers.
- There are no reimbursements for lost, damaged or stolen items.

Participants Arriving Sick or Injured: Participants should not be dropped off or fly to trip start if they are sick or injured. Participants should remain at home until they are no longer ill and are fully recovered from any illness or injury. Sick or injured participants arriving for trip start must remain with the drop off parent/guardian or be flown home at the parent/guardian's expense. Please notify our office as soon as possible if your child is sick or injured. Your child may or may not be able to join the group at a later date. Please review the details of your trip insurance policy for illness and injury coverage benefits.

Luggage

Panniers -

Panniers are saddlebags sold in pairs that attach to either side of your rear rack. You should have large panniers, 2,400-3,000 cubic inches total (for the pair), designed for touring. One large pannier has internal dimensions of approximately 17" x 13" x 7". You should be able to fit all of your belongings, besides your sleeping bag and pad, into your panniers and have some space left for group gear.

Clothing

Navy Overland T-Shirt (1) -

We will send every student an Overland T-shirt prior to the trip. Please wear this T-shirt to trip start.

Synthetic High-Visibility T-Shirts (3) & Vest (1) -

A high-visibility outer layer is required at all times while biking (high-visibility is a neon or fluorescent color, typically yellow, orange or pink). On warm days a high-visibility T-shirt will be sufficient. The vest should be large enough to wear over warm layers while riding on cooler days. High-visibility bike jerseys are acceptable but not necessary.

T-Shirt (1)

Lightweight Long-Sleeve T-Shirt (1)

Bike Shorts (2) -

Biking-specific shorts with a padded seat.

Shorts (1) -

Comfortable shorts to wear around camp.

Fleece Pants (1) -

Please do not bring cotton sweatpants (they are heavy and bulky and will not keep you warm if wet).

Synthetic Long Underwear Top & Bottom (1)

Underwear (5)

Athletic Socks (4)

Wool and/or Synthetic Socks (1)

Swimsuit (1)

Winter Gloves or Mittens (1) -

Insulated, warm and waterproof. Avoid knit and porous materials.

Winter Hat (1)

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. Choose high-visibility if available.

Waterproof Rain Pants (optional)

General Gear

Sleeping Bag -

A lightweight, compact sleeping bag rated to 30 degrees Fahrenheit or less. We recommend either synthetic or treated down material. Your sleeping bag should compress into a stuff sack no larger than 20" in length.

Sleeping Pad -

¾-length or full-length closed cell foam (thin and firm) or self-inflating.

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).

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- Headlamp** -
Please bring an extra battery/batteries.

- Water Bottle** -
A 24-ounce bike bottle is ideal (but a smaller size is acceptable). Overland will provide a second water bottle on arrival.

- Hydration System** -
A CamelBak or Platypus (or similar) with a 2- or 3-liter capacity. Must be a high-visibility color (if it is not hi-vis, you must cover it with hi-vis fabric or tape). The hydration system should be designed to primarily carry water (if it is too big it will be uncomfortable to wear all day).

Bike Gear

- Touring Bicycle & Rear Rack** -
One of the following bikes is required: Trek 520, Surly Long Haul Trucker, Surly Disc Trucker, Fuji Touring, the Kona Sutra or Salsa Marrakesh. These bikes must be in excellent condition and must have been purchased in the past 48 months. Other bicycles are not acceptable. Please see the Right Bicycle for Your Overland Trip for more information.

- Bike Helmet** -
If you are flying to trip start, carry your helmet on the plane with you.

- Bungee Cords (4)** -
These should be 18-24" in length. Bungee cords are included with an Overland bike rental.

- Bike Lights** -
Bike lights (front and rear) are required—both when you train in the spring and once you are on your Overland trip. The lights should be USB powered with a variety of mounting options (clipping onto a pannier or a rear rack, for example). For front lights, we recommend either the Bontrager Ion 100 or the Bontrager Ion 120. For rear lights, we recommend the Bontrager Flare R or Flare RT. These lights are available from Trek bike dealers and on the Trek website.

- Water Bottle Cages** -
Two cages, attached to the bike frame. Some smaller-sized bike frames cannot accommodate two cages. If this is the case, you will be able to carry water bottles in your panniers or on your rack. All Overland rental bikes come with two water bottle cages.

- Spare Bike Tubes (4)** -
Four spare tubes that match your bike's tire size and valve stem.

- Spare Set of Brake Pads (1)**
- Spare Bike Spokes (4)** -

Spare spokes that fit your wheels (two front and two rear) including the spoke nipple. Ask your local bike shop for guidance.

- Spare Bike Tire (1)** -
One spare tire that matches your bike's wheel size (use the same dimensions as the tires that are currently on the bike).

- Set of Tire Levers (1)**
- Hex Wrench Multi-tool (1)**
- Tire Patch Kit (1)**
- Bike Gloves (1)** -
Well-padded for comfort.

- Chamois Cream (optional)** -
Special cream to reduce chafing and saddle sores. You can purchase chamois cream at any bike shop.

- Handlebar Bag (optional)** -
Great for snacks, sunscreen and bike tools.

Footwear

- Shoes for Biking** -
Bike touring or mountain biking shoes with bottom treads and "clipless" recessed cleats. A popular style of clipless shoes and pedals are SPDs. You may also ride in running shoes and bring toe cages to attach to your pedals. Please do not bring racing shoes as they have hard soles that are uncomfortable to walk in.

- 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).

Travel Documents

- Health Insurance Card** -
Please bring an original or copy of your health insurance card.

Miscellaneous

- Synthetic Camping Towel** -
A medium-size synthetic camping towel (synthetic camping towels dry much faster than regular towels).
- Travel Size Toiletries**
- Sunglasses**
- Sunscreen (SPF 15+) & Chapstick (with SPF protection)**
- Insect Repellent**
- Large Trash Bags (5)** -
To waterproof your gear.

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- Gallon Sized Ziploc Bags (10) -
To organize and waterproof your gear and small items.

- Camera, Charger & Extra Batteries (optional)
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A digital or disposable camera.

- Personal Journal or Book (optional)

Spending Money

- Spending Money & Miscellaneous Expenses
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Each student should bring a debit card, an ATM card, or a prepaid Visa card to cover spending money and miscellaneous expenses. Some prepaid cards do not work internationally (notably, Visa); please ensure you purchase one that does. 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.