

Alpine Explorer Packing List

Things to Know

- Students should bring at least two reusable face masks on their trip.
- 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).
- If you are flying to your trip, 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. Do not bring additional luggage.
- There are no reimbursements for lost, damaged or stolen items.

If you're looking to purchase a backpack, fleece layers, etc., for your child, we encourage you to consider borrowing, renting, or purchasing lightly used gear. Especially for children who are still growing, using pre-owned gear can reduce both waste and cost.

Please note that some items wear out over time, and are best to purchase new (for example, a GORE-TEX raincoat). As with any gear, please make sure the items fit your child well. If you have any questions, please give us a call (413-458-9672) or email us (info@overlandsummers.com).

Here are a few reliable places where you can purchase used items:

REI Co-op Good & Used - <https://www.rei.com/used/shop/kids>

Patagonia Worn Wear - <https://wornwear.patagonia.com/shop/kids-and-baby>

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

Internal Frame Backpack

65-85 liters or 4,000-5,100 cubic inches. Before purchasing a backpack, find your backpack size by measuring your torso length and your hips (instructions are available here). We recommend getting fitted at a store and trying on multiple packs.

Wool and/or Synthetic Socks (4)

Winter Gloves or Mittens (1)

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

Winter Hat (1)

Hat with Visor (1)

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 T-Shirt (3)

Synthetic Shorts (2)

Fleece Pants (1)

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

Synthetic Hiking Pants (optional)

Lightweight and quick dry material. Non-cotton warmup style pants are acceptable.

Synthetic Long Underwear Top & Bottom (1)

Underwear (5)

Outer Layers

Fleece Jacket or Pullover (1)

Lightweight Synthetic or Down Jacket (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.

Waterproof Rain Pants (1)

General Gear

Waterproof Pack Cover

If your backpack does not come with a cover, we recommend buying a cover one size larger than your pack.

Synthetic Sleeping Bag

A lightweight, compact synthetic sleeping bag rated to 15

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degrees Fahrenheit or less. A synthetic sleeping bag is required for this trip; down is not appropriate as it does not insulate if wet. Your sleeping bag should compress into a stuff sack no larger than 20" in length.

- Sleeping Bag Liner** A breathable and lightweight synthetic sack to be used as bedding while at mountain huts. Due to current European health regulations, huts are not permitted to provide bedding and require travelers to bring their own sleeping bag liner. We recommend this affordable model. Students will use their regular sleeping bags while tenting and camping, but sleeping bags are not permitted as bedding while at mountain huts.
- Sleeping Pad**
¾-length or full-length closed cell foam (thin and firm) or lightweight, backpacking style inflatable pad.
- 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).
- Headlamp**
Please bring an extra battery/batteries.
- Water Bottle**
One 1-liter bottle. A Camelbak or similar water carrier is acceptable.
- Adjustable Trekking Poles**
To add stability, reduce strain on the knees and improve balance while crossing unstable surfaces.
- Gaiters (optional)**
Calf-height, waterproof gaiters to protect your legs and feet when hiking through brush, across snow fields or streams.

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.
- Camp Shoes**
Closed-toe shoes to wear around camp. Crocs or lightweight tennis shoes are ideal.

Travel Documents

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

Please bring a passport that is valid until at least six months after your trip end date.

Passport Photocopies

Make at least four photocopies of your passport and visa (if applicable). Leave one copy with your family and put photocopies in both your checked luggage and carry-on luggage for the flight, separate from your original documents.

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)**
- Gallon Sized Ziploc Bags (10)**
To organize and waterproof your gear and small items.
- Large Trash Bags (4)**
To waterproof your gear.
- Package of Moleskin or Molefoam**
To protect your feet from blisters.
- 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 cash or a debit 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 (in addition to spending money), to cover these expenses. Please note: We have found that pre-paid debit cards do not work internationally.

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