



GRAND CANYON BACKPACKING

Packing List



Please use this list to help you properly prepare for your outing. Any questions concerning the trip itinerary or your equipment needs can be discussed with your trip leader(s) when s/he calls you approximately one week prior to the trip. If you have any questions or concerns prior to contact with the trip leader(s) call UCSB Adventure Programs at (805) 893-3737.

The items listed below as "REQUIRED" are necessary for your enjoyment and comfort. Do not substitute or exclude any "REQUIRED" items for your trip. Most of the equipment can be found in your own kitchen and closet. Please label your gear so it is easier to keep track. You can rent gear from our program if you need something on the required list (please visit <http://recreation.sa.ucsb.edu/adventure-programs/outdoor-gear-rentals> and then click "rentals" for rates).

You can expect the weather at the Grand Canyon to be warm/cold in the daytimes and cold/freezing in the evenings. There is a possibility of snow at the rim of the canyon and warmer weather at the bottom; therefore, warm clothes, a layering system, effective rain gear, good footwear, a tent and a warm sleeping bag are essential for you to enjoy this trip.

REQUIRED EQUIPMENT

- ___ Backpack that fits well (external or internal frame)
- ___ Sleeping Bag (your bag should be designed to keep you warm to a temp of 30°F and below)
- ___ Tent with Rainfly (Required that you set it up a number of days before the trip)
- ___ Plastic Ground Sheet/ Tarp (to keep your tent/gear clean)
- ___ Ground Pad (sleeping pad (Foam or Inflatable) that will insulate you from the cold ground)
- ___ Headlamp/Flashlight (with new batteries)
- ___ Lunches
- ___ Pocket knife
- ___ 1 Cup, 1 Bowl, 1Plate, Fork and Spoon
- ___ Personal Hygiene Items (toothbrush, etc.)
- ___ Hand Sanitizer
- ___ Toilet Paper (in a plastic bag)
- ___ Menstrual Supplies (see recommendations on trip expectations)
- ___ 2 Water Bottles (one Nalgene/Hydroflask/etc and one Camelback works well, 2 Nalgene/Hydroflask/etc are fine.)
- ___ \$\$ to Buy Road Meals, Snacks, Souvenirs, etc.
- ___ Whistle
- ___ Sunscreen (min rating of 30 SPF)
- ___ Special First Aid Supplies According to Your Specific Needs

REQUIRED CLOTHING

While we are on trips our levels of exertion change and so does the temperature. For this reason we suggest you use a layering system with your clothing. Start with a light layer. Then add more layers as it gets colder. The layers vary from 1 to 4 or 5 with the last layer being a waterproof layer which also keeps the wind out. You must always be prepared for rain or bad weather.

- Sturdy, Well Fitted, and Broken In Hiking Boots (no hiking in converse!)
- 3 Sets of Socks (1 liner pair and 1 heavy pair = 1 set)
- 3-5 Pairs of Underwear
- 1 Base Layer Set (tops and bottoms, capilene or polypropylene)
- 3 Shirts (1 short sleeve and 1 long sleeve)
- 1 Pair of Long Pants (preferably wool or synthetic material)
- 1 Warm Non-Cotton Jacket or Vest, Medium Weight Jacket or Heavy Sweater
- 1 Waterproof Rain Jacket/Suit or Poncho
- 1 Warm Hat/ Beanie (for cold evenings)
- Gloves or Mittens
- Sunglasses
- Brimmed Hat or Visor

RECOMMENDED GEAR

- Extra Pair of Shoes for Camp/ River (tennis shoes or river sandals)
- 1 Pair of Shorts for Hiking (weather dependent)
- Trekking Poles (very highly recommended)
- Swimsuit (highly recommended)
- Biodegradable Soap (Ivory or Dr. Bronner's, etc.)
- Mosquito repellent (highly recommended)
- Small Towel
- Day pack (for the van ride)
- Camera
- 30 - 50 Feet of Nylon Cord
- Gaiters
- Repair Kit (duct tape, zip ties, etc)

Maps, compass, stove, cookware, fuel, water filter, and first aid kits will be provided by the group leaders. **Leave room in your backpack for group food and gear.**

Please Note: You will be responsible for all your personal items, electronics, etc. Although we try to ensure safety of all personal equipment from damage or loss, Adventure Programs and/or our staff will not be liable should an incident occur.

No Drugs or Alcohol: University regulations and program policies do not allow alcohol or drugs on this trip. Thank you for your cooperation.

Refund Policy: Once an offering is **full**, you will be offered a refund (less **\$20 service charge**) **only** if someone **pays** for your spot. If the offering is **NOT** full:

- **30 or more days** before the course date- Full refund less \$20 processing fee.
- **29 to 8 days** before the course date- 50% refund less \$20 processing fee.
- **Less than 8 days** before the course date- no refunds available.