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.