Santa Cruz Island Backpacking Trip
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 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 us at http://recreation.sa.ucsb.edu/adventure-programs/outdoor-gear-rentals and then click “Rentals” for more information.

You can expect the weather on the island to be warm/hot in the daytimes and cool/cold in the evenings. Therefore, layering your clothing will be essential for you to enjoy this adventure. Please make sure that all items are packed in plastic or water proof bags in the event of rain.

REQUIRED EQUIPMENT

___Backpack
___Sleeping bag (should be rated to keep you warm to a temperature of 30°F)
___Plastic ground sheet (to keep your tent/gear clean)
___Ensolite pad or Thermarest (sleeping pad that will insulate you from the cold ground)
___Headlamp/Flashlight (with new batteries)
___Lunches (4)
___Pocket knife
___1 cup, 1 bowl, 1 plate, knife, fork and spoon
___Personal hygiene items (toothbrush, etc.)
___Hand Sanitizer
___Toilet paper (in a plastic bag)
___Water bottles (3L worth)
___Sunscreen (minimum rating of 15 SPF)
___Special First Aid supplies according to your specific needs

REQUIRED CLOTHING

While we are on our 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 0 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.

___1 waterproof rain jacket/suit or poncho
___2 pair of footwear, (1 good for hiking, 1 for relaxing at camp)
___2-3 pairs of socks

(Over)
REQUIRED CLOTHING (CONTINUED)

___ 2-3 pairs of underwear
___ 2-3 shirts (1 short sleeve and 1 long sleeve at least (preferably synthetic material)
___ 1 pair of long pants (preferably wool or synthetic material)
___ 1 pair of shorts
___ 1 down jacket, down vest, medium weight jacket or heavy sweater
___ 1 windbreaker
___ 1 warm hat/beanie (for cold evenings)
___ 1 set of long johns (tops and bottoms, capilene or polypropylene)
___ Gloves or Mittens (if your hands get cold at night)
___ Sunglasses
___ Brimmed hat or visor
___ Swimsuit

RECOMMENDED GEAR

___ Backpacking Tent (1-3 person)
___ Ivory Soap (or other biodegradable soap)
___ Mosquito repellent
___ Towel
___ Day pack
___ Camera (throw away waterproof ones work well)

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.

Maps, compass, stove, cook pots, fuel, water jugs and 1st aid kits will be provided by the group leaders and the Field station.

UCSB ADVENTURE PROGRAMS
(805) 893-3737
Monday through Friday 9 to 5 pm
http://recreation.sa.ucsb.edu/adventure-programs

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.

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