Colorado River Canoe
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 in the desert 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. The program will provide one large waterproof bag. The remaining items you will need to pack in plastic bags in the event of rain or capsize.

**REQUIRED EQUIPMENT**

___ Soft Backpack or Soft Duffle Bag (you will re-pack into a large dry bag when you arrive)
___ 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)
___ Sleeping Bag (should be rated to keep you warm to a temperature of 30°F)
___ 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.
___ 2-4 Large Plastic Bags (double wrap your equipment that won’t fit in dry bag)
___ Sunscreen (min rating of 30 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 Pairs of Footwear (one to get wet and one to stay dry)
___2-3 Pairs of Socks
___2-3 Pairs of Underwear
___1 Base Layer Set (tops and bottoms, capilene or polypropylene)
___2 Shirts (1 short sleeve and 1 long sleeve)
___1 Pair of Long Pants (preferably wool or synthetic material)
___1 Pair of Shorts
___1 Swimsuit
___1 Warm Non-Cotton Jacket or Vest, Medium Weight Jacket or Heavy Sweater
___1 Windbreaker (could also be your rain jacket if waterproof)
___1 Warm Hat/Beanie (for cold evenings)
___2 Gloves or Mittens (if your hands get cold at night)
___1 Sunglasses
___1 Brimmed Hat or Visor

RECOMMENDED GEAR

___ Biodegradable Soap (Ivory or Dr. Bronner’s, etc.)
___ Lotion/Skin Hydrant (the air can be very dry)
___ Lip Balm with SPF
___ Small Camping Chair (Crazy Creek/Thermarest)
___ Mosquito Repellent
___ Towel (small)
___ Day Pack (Good for in the van and in the canoes)
___ Camera (throw away waterproof ones work well)

Maps, compass, stove, cookware, fuel, water filter, and first aid kits will be provided by the group leaders.

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.

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