



Big Sur Camping *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 they contact 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> for rates).

You can expect the weather in Big Sur to vary and to be warm/hot in the daytime and cool/cold in the evenings. Winter is rainy and wet. Weather can take a turn for the worst at any time while visiting Big Sur; therefore, warm clothes, effective rain gear, good footwear, a tent and a warm sleeping bag are essential for you to enjoy this adventure.

REQUIRED EQUIPMENT

- _____ Duffel Bag or Backpack (to carry your clothes and gear)
- _____ Daypack (for day hikes and keeping with you in the van)
- _____ Sleeping Bag (should be designed to keep you warm to a temperature of 20° F)
- _____ Ground Pad (sleeping pad (Foam or Inflatable) that will insulate you from the cold ground)
- _____ Tent with Rainfly (Required that you set it up and check it a number of days before the trip)
- _____ Plastic Ground Sheet (to keep your tent/gear clean)
- _____ Headlamp/Flashlight (with new batteries)
- _____ Lunches
- _____ Pocket Knife
- _____ 1 Cup, 1 Bowl, 1 Plate, Fork and Spoon
- _____ Personal Hygiene Items (Toothbrush, etc.)
- _____ Hand Sanitizer
- _____ Toilet Paper (w/ 4-5 large ziplock bags)
- _____ Menstrual Supplies (see recommendations on trip expectations)
- _____ Water Bottle(s) (at least 2 liters)
- _____ \$\$ 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.

- _____ Hiking Shoes or Sturdy Tennis Shoes with Good Ankle Support
- _____ Extra Pair of Shoes (comfort pair for in Camp/ Tennis Shoes or River Sandals)
- _____ 2-3 Sets of Socks (1 liner pair and 1 heavy pair = 1 set)
- _____ 2-3 Pairs Underwear
- _____ 2 Shirts (1 short sleeve and 1 long sleeve)
- _____ 1 Pair Long Pants (preferably wool or synthetic)
- _____ 1 Medium Weight Jacket or Heavy Sweater or Fleece
- _____ 1 Waterproof Rain Suit or Poncho
- _____ 1 Warm Hat/Beanie (for evenings)
- _____ 1 Long Underwear/ Base layer (capilene or polypropylene)
- _____ 2 Pair of Shorts for Hiking/Activities
- _____ 1 Swimsuit

RECOMMENDED GEAR

- _____ Biodegradable Soap (Ivory or Dr. Bronner's, etc.)
- _____ Lotion/Skin Hydrant (the air can be very dry)
- _____ Bandana(s)
- _____ Sunglasses (Highly Recommended)
- _____ Brimmed Hat
- _____ Camera!!!! (with extra batteries, film and or memory card)
- _____ Bug Repellent
- _____ Lip Balm with SPF
- _____ Ivory Soap or other Bio-degradable Soap
- _____ Small Towel

Maps, Compass, Stoves, 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.