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 they call 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 http://recreation.sa.ucsb.edu/adventure-programs/outdoor-gear-rentals for rates and details).

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 that is adjusted to fit well (external or internal frame) 60-90L
___ Sleeping bag (should be rated to keep you warm to a temperature of 30°F)
___ Backpacking Tent (1-3 person) 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)
___ Ground Pad (sleeping pad (Foam or Inflatable) that will insulate you from the cold ground)
___ Headlamp/Flashlight (with new batteries)
___ Lunches (# of trip days)
___ Stuff Sack for Your Food
___ Pocket knife
___ 1 cup, 1 bowl, 1 plate, knife, fork and spoon
___ Personal hygiene items (toothbrush, etc.)
___ Menstrual Supplies (see recommendations on trip expectations)
___ Hand Sanitizer
___ Toilet paper (in a plastic bag)
___ 2-3 Water Bottles (1-2 Nalgene/Hydroflask/etc. and one Camelback works well, 2-3 Nalgene/Hydroflask/etc. are fine. 3L of carrying capacity is ideal.)
___ $$ to Buy Road Meals, Snacks, Souvenirs, etc.
___ Several (3-4) large plastic bags to double wrap your equipment
___ Sunglasses
___ Brimmed hat or visor
___ Sunscreen (minimum 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 pair of footwear (1 good for hiking, 1 for relaxing at camp/beach)
____ 2-3 pairs of socks
____ 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 Base Layer Set (tops and bottoms, capilene or polypropylene)
____ Gloves or Mittens (if your hands get cold at night)
____ Swimsuit

RECOMMENDED GEAR

____ Day pack (15-35 L: for island/beach hikes; capacity to hold lunch/snacks, water, extra layers/towel and some extras, like a camera and a book.)
____ Bandana(s)
____ Ivory Soap (or other biodegradable soap)
____ Mosquito repellent
____ Towel
____ 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.

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.