



## SESPE CREEK BACKPACKING *PACKING LIST*



Please use this list to help you properly prepare for your outing. 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 (<http://recreation.sa.ucsb.edu/adventure-programs/outdoor-gear-rentals>).

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.

You can expect the weather on Sespe Creek to be warm/hot in the daytime and cool/cold in the evenings. Therefore, layering your clothing will be essential for you to adequately enjoy this adventure.

You can expect the weather along the coast to be mild to cool and often wet in the daytime and chilly/cold in the evenings. For most current weather check [www.weather.gov](http://www.weather.gov).

### **REQUIRED EQUIPMENT**

- \_\_\_ \*Backpack that is adjusted and fits well.
- \_\_\_ \*Sleeping bag (should be rated to keep you warm to a temperature of 30°F)
- \_\_\_ \*Tent with rainfly & plastic ground sheet
- \_\_\_ \*Ground Pad (sleeping pad (Foam or Inflatable) that will insulate you from the cold ground)
- \_\_\_ \*Headlamp/Flashlight (with new batteries)
- \_\_\_ \*Trekking Poles (not required, but highly recommended)
- \_\_\_ Lunches (# of trip days)
- \_\_\_ Stuff Sack to organize your food
- \_\_\_ Pocket knife/ Multi-tool
- \_\_\_ 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 (w/ 4-5 large ziplock bags)
- \_\_\_ Water Bottles (at least two, one Nalgene/Hydroflask plus Camelback/Platypus work well)
- \_\_\_ \$\$ to Buy Road Meals, Snacks, Souvenirs, etc.
- \_\_\_ Brimmed Hat
- \_\_\_ Sunglasses
- \_\_\_ Sunscreen (minimum rating of 30 SPF)
- \_\_\_ Special First Aid supplies and medications according to your specific needs

\*Available for rent at Adventure Programs Rental Center in the UCSB Rec Cen:  
<http://recreation.sa.ucsb.edu/adventure-programs/outdoor-gear-rentals>

## 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.

- \_\_\_ Pair of hiking boots/shoes AND 1 comfy pair of shoes for around camp
- \_\_\_ Socks for the number of days hiking (1 liner pair and 1 heavy pair = 1 set)
- \_\_\_ Underwear
- \_\_\_ 1 t-shirt/short sleeved (at least 1 synthetic/cotton 50/50 blend or all synthetic)
- \_\_\_ 1 long sleeved shirt (cotton/synthetic blend, athletic warm-up, polypropylene)
- \_\_\_ Pair of long pants for hiking (preferably quick dry nylon or other synthetic material)
- \_\_\_ Pair of shorts for hiking
- \_\_\_ 1-2, medium weight jacket or heavy sweater
- \_\_\_ Waterproof rain jacket/suit or poncho
- \_\_\_ Warm hat/beanie (for cold evenings)
- \_\_\_ Set of base layers (tops and bottoms: wool, capilene or polypropylene)
- \_\_\_ Gloves or Mittens (if your hands get cold at night)
- \_\_\_ Swimsuit

## RECOMMENDED GEAR

- \_\_\_ Ivory Soap (or other biodegradable soap, Dr. Bronner's)
- \_\_\_ Mosquito/Bug repellent (highly recommended)
- \_\_\_ Towel (small)
- \_\_\_ Camera (throw away waterproof ones work well)
- \_\_\_ Spending money (road meals, snacks, souvenirs, etc.)
- \_\_\_ Whistle
- \_\_\_ Bandana or hanker chief
- \_\_\_ 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.