



Spring Break Adventurefest *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 Joshua Tree, on the Colorado River and in Zion to be warm to cool in the daytime and cool/cold in the evenings. Weather can take a turn for the worst at any time when in the outdoors; therefore, warm clothes, effective rain gear, good footwear, a tent and a warm sleeping bag with sleeping pad are essential for you to enjoy this adventure.

REQUIRED EQUIPMENT

- ___ Backpack to carry your clothes/gear
- ___ Daypack Pack
- ___ Sleeping Bag (Should be designed to keep you warm to a temperature of 0° F)
- ___ Plastic Ground Sheet/ Tarp (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)
- ___ Pocket Knife
- ___ 1 Cup, 1 Bowl, Plate, Knife, Fork, Spoon
- ___ Personal Hygiene Items (Toothbrush, etc.)
- ___ Hand Sanitizer
- ___ Toilet Paper (w/ 4-5 large ziplock bags)
- ___ 3L of Water Bottle capacity (Nalgene/Hydroflask/etc and Camelback works well)
- ___ Whistle
- ___ Sunscreen (minimum rating of 30 SPF)
- ___ Brimmed Hat
- ___ Sunglasses
- ___ Lunches (Discuss with your trip leaders)
- ___ \$\$ to Buy Road Meals, Snacks, Souvenirs, etc.
- ___ 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.

- ___ 1 Pair of Hiking Shoes AND 1 Comfy Pair of Shoes for Around Camp
- ___ Chacos/ Tevas/ Other River Shoes or Old Sneakers (sturdy pair of extra shoes to get completely soaked)
- ___ Socks for the Week (at least 3 Sets of Socks, 1 liner pair and 1 heavy pair = 1 set)
- ___ Underwear for the Week
- ___ 2-3 T-Shirts (at least 2 synthetic/cotton 50/50 blend or all synthetic)
- ___ 1-2 Long Sleeved Shirts (cotton/synthetic blend, athletic warm-up, polypropylene)
- ___ 2 Pair of Long Pants (preferably quick dry nylon or other synthetic material)
- ___ 2 Pair of Shorts (1 Pair of Shorts for Hiking)
- ___ 1 Warm Non-Cotton Jacket or Vest, Medium Weight Jacket or Heavy Sweater
- ___ 1 Waterproof Rain Jacket/Suit or Poncho
- ___ 1 Warm Hat/ Beanie (for cold evenings)
- ___ 1 Set of Base Layers (tops and bottoms: wool, capilene or polypropylene)
- ___ Gloves or Mittens (if your hands get cold at night)
- ___ Swimsuit

RECOMMENDED GEAR

- ___ Tent with Rain Fly (check with group leader for number of tents required)
- ___ Chalk Bag
- ___ Finger tape
- ___ Trekking Poles (Play it again sports or Thrift Stores have used ski poles)
- ___ Camera (with extra batteries and memory card)
- ___ Bug Repellent
- ___ Biodegradable Soap (Ivory or Dr. Bronner's, etc.)
- ___ Lip Balm with SPF
- ___ Small Towel
- ___ Repair Kit (Duct tape, zip ties, etc.)

Carabineers, belay devices and other personal equipment are not needed, no technical climbing on this trip however participants are welcome to bring whatever climbing shoes they have for low risk bouldering.

Maps, compass, stove, cookware, fuel, water filter, and first aid kits will be provided by the group leaders. **Leave room in your packs for group food and gear if overnight hiking occurs.**

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, UCSB 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.

UCSB ADVENTURE PROGRAMS

(805) 893-3737

Monday through Friday 9 to 5 pm

or

<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.