



Lost Coast Backpacking Adventure *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 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.

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. Weather can take a turn for the worst at any time while visiting the Lost Coast and the coastal mountains; therefore, warm clothes, effective rain gear, good footwear, a tent and a warm sleeping bag w/ pad are essential for you to enjoy this adventure. For most current weather check www.weather.gov.

REQUIRED EQUIPMENT

- ___ *Backpack 50L+ that is adjusted and fits well.
- ___ Small Day pack
- ___ *Sleeping bag (should be rated to keep you warm to a temperature of 10°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)
- ___ 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 week (at least 3 Sets Of Socks, 1 liner pair and 1 heavy pair = 1 set)
- ___ Underwear for the week
- ___ 2 t-shirts (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)
- ___ Quarters for showers
- ___ Mosquito/Bug repellent
- ___ 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.