



# Santa Rosa Island Backpacking *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> and then click "Adventure Pass & Outdoor Gear Rentals" for rates).

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 with Rainfly (1-3 person max. Required that you set it up and check it a number of days before the trip)
- \_\_\_ 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)
- \_\_\_ Lunches (one per # of trip days)
- \_\_\_ 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, 3 Nalgene/Hydroflask/etc. are fine. 3 L of capacity is ideal.)
- \_\_\_ \$\$ to Buy Road Meals, Snacks, Souvenirs, etc.
- \_\_\_ Sunscreen (minimum rating of 30 SPF)
- \_\_\_ Special First Aid supplies according to your specific needs

(Over)

## 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 Pairs of Footwear (beach - one to get wet and hiking/ camping - one to stay dry)
- 2-3 Pairs of Socks
- 2-3 Pairs of Underwear
- 2 Shirts (1 short sleeve and 1 long sleeve)
- 1 Pair of Long Pants (preferably wool or synthetic material)
- 1 Pair of Shorts
- 1 Warm Jacket, Vest, Medium Weight Jacket or Heavy Sweater (down, synthetic, fleece)
- 1 Windbreaker (could also be your rain jacket if waterproof)
- 1 Warm Hat/ Beanie (for cold evenings)
- 1 Base Layer Set (tops and bottoms, capilene or polypropylene. Go light/ optional in summer.)
- Gloves or Mittens (if your hands get cold at night)
- Sunglasses
- Brimmed Hat or Visor

## RECOMMENDED GEAR

- Swimsuit
- 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. If top part of your backpack is fanny pack convertible, this works well.)
- Bandana(s)
- Ivory Soap (or other biodegradable soap)
- Mosquito/ Bug 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 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.