



## Sequoia Backpack 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 he/she 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 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 us at [www.GauchosPlay.com/Adventure](http://www.GauchosPlay.com/Adventure) and then click "Rentals" for more information).

You can expect the weather in Sequoia to be warm in the daytime and cold in the evening. Weather can take a turn for the worst at any given moment while visiting Sequoia; therefore, warm clothes, effective rain gear, good footwear, a tent and a warm sleeping bag are essential for you to adequately enjoy this adventure.

### **REQUIRED EQUIPMENT**

- \_\_\_ Backpack that fits (external or internal frame)
- \_\_\_ Sleeping Bag (your bag should be designed to keep you warm to a temperature of 20° F)
- \_\_\_ Tent and/or Rain Fly
- \_\_\_ Plastic Ground Sheet (to keep your tent/gear clean)
- \_\_\_ Ensolite Pad or Thermarest (sleeping pad that will insulate you from the cold ground)
- \_\_\_ Headlamp/Flashlight, (with new batteries)
- \_\_\_ Pocket Knife
- \_\_\_ 1 Cup, 1 Bowl, Plate, Knife, Fork, Spoon
- \_\_\_ 3 Lunches
- \_\_\_ Personal Hygiene Items (Toothbrush, etc.)
- \_\_\_ Hand Sanitizer
- \_\_\_ Toilet Paper
- \_\_\_ Water Bottle (at least one)
- \_\_\_ Whistle
- \_\_\_ Stuff Sack for Your Food
- \_\_\_ 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 0 to 4 or 5 with the last layer being a waterproof layer that also keeps the wind out. You must always be prepared for rain or bad weather.

- \_\_\_ Boots or Lightweight Boots In Case Of Snow (NO TENNIS SHOES for hiking)
- \_\_\_ 2 Sets Of Socks (1 liner pair and 1 heavy pair = 1 set)
- \_\_\_ 2 Pair Underwear
- \_\_\_ 2 Shirts (1 short sleeve and 1 long sleeve)

(Over)

### **REQUIRED CLOTHING (CONTINUED):**

- \_\_\_ 1 Pair Long Pants (preferably wool or synthetic)
- \_\_\_ 1 Down Jacket or Down Vest or Medium Weight Jacket or Heavy Sweater
- \_\_\_ 1 Waterproof Rain Suit or Poncho
- \_\_\_ 1 Warm hat/beanie (for evenings)
- \_\_\_ 1 Pair of Long Johns (capilene or polypropylene)
- \_\_\_ 1 Pair of Short for Hiking
- \_\_\_ Gloves or Mittens

### **RECOMMENDED GEAR**

- \_\_\_ Extra Pair of Shoes for camp (river sandals or tennis shoes)
- \_\_\_ Trekking Poles
- \_\_\_ Brimmed Hat
- \_\_\_ Swimsuit
- \_\_\_ Sunglasses (highly recommended)
- \_\_\_ Sunscreen (highly recommended)
- \_\_\_ Ivory Soap (or other biodegradable soap)
- \_\_\_ Mosquito Repellent
- \_\_\_ 30 - 50 Feet of Nylon Cord (If Bear Boxes Are Not Available)
- \_\_\_ Small Towel
- \_\_\_ Day Pack
- \_\_\_ Camera & film
- \_\_\_ Repair Kit (duct tape, zip ties, etc.)

**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.

Water filter, maps, stove, cook pots, fuel and first aid kits will be provided by the group leaders.

**Leave room in your backpack for group food and gear.**

## ***UCSB ADVENTURE PROGRAMS***

***(805) 893-3737***

**[www.GauchosPlay.com](http://www.GauchosPlay.com)**

Monday through Friday 9 to 5 pm

**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.

