



Sequoia National Park Backpacking (Twin Lakes) *TRIP ITINERARY*



Sequoia National Park is famous for the giant redwoods. Yet there is an entire backcountry of granite towers and alpine lakes waiting to be explored. This trip is planned to take you there. Your final destination will be Twin Lakes in the beautiful alpine wilderness of Sequoia National Park.

In order for your experience to be a pleasurable one we ask that you thoroughly read the information in the handouts provided and follow the recommendations on the equipment list.

The trip leaders will try to contact you approximately a week before the trip to introduce themselves and answer any specific questions you may have that were not answered in the information packet. Please feel free to contact the Adventure Center (893-3737) during business hours if you need any additional information and/or our leaders have not contacted you seven days before departure date.

Minimum Experience Level: Hearty Beginner or Experienced Backpacker

Itinerary:

Thursday- Drive from UCSB to Sequoia National Park and camp late at Lodgepole campground.

Friday- We pack up our backpacks and hit the Twin Lakes trail. We will lunch at Calhoun Meadows and set up base camp at Clover Creek.

Saturday- Explore and day hike. Hiking up to beautiful Twin Lakes over the Calhoun Gap. Same campsite.

Sunday- Lay-over day. Explore the backcountry. Same campsite as Saturday night.

Monday- Breakfast in the woods, break down camp, pack out to Lodgepole, and take a final drive through the forest before heading back to Santa Barbara.

Departure Location: Near the main entrance of the Recreation Center.

Departure Time: Meet at 3:00 P.M. so we can load your personal equipment and leave at 3:30 P.M. As a courtesy to the group please be prompt. If you are not there on time we will leave without you. No refunds for no shows.

Approximate Drive Time: 7 hours

Approximate Return Time: 9 P.M. on Monday if the group leaves the park by 2:00 P.M.

Parking on Campus: Park in Lot #16 across from the Recreation Center if you plan to keep your car on campus for the length of the trip. Daily permits are required Monday through Sunday 7:30 am- 10 pm. Parking info and permit sales are provided from kiosks located at both entrances of campus and dispensers in each lot. If you prefer, you can arrange to be dropped off the morning of the trip. When we return you may call your ride from our office. For more UCSB parking information please check www.tps.ucsb.edu.

UCSB Adventure Programs Provides:

- Round trip transportation
- First Aid Kits
- Group cooking gear

- Breakfasts and dinners while camping
- Camping fees
- Park entrance fees
- Guides

Participant provides:

- All equipment described on the equipment list
- Road meals (two on Thursday and one on Sunday)
- Three lunches while camping.
- Stuff sack for your food so you can easily store it in Bear Proof boxes while traveling in the back country.

Meals: If a meal is planned with meat we prepare the meal so non-meat eaters can take their portions before the meat is added. If you have any special dietary restrictions, please be sure to notify the trip leaders when they contact you.

Vehicle: We travel in a 12-passenger van. Our trip leaders will be taking turns driving the group to their destination. Once your gear is loaded, you will not have access to it until we make camp. Therefore, please take the necessary items you will need in the van for the duration of the drive (i.e.: books, \$, water, snacks, jacket, etc.). There is NO SMOKING in the van. There will be no radio in the van. If you need music, please bring a personal stereo with headphones. Books and magazines are good as well. Please Note: We cannot guarantee the safety of any equipment left in the van when we are away from the van during meal stops and on the trip.

Group Experience: The trip guides are there to be used as a resource. The work involved during the trip is a group responsibility. We hope everyone will do their fare share of the cooking, cleaning and equipment moving. Everyone also has a responsibility to the group with respect to responsible behavior and being on time to meals and departures. Always inform the leaders of your plans if you wish to head off from the group. The leaders will inform you if such actions are appropriate given the circumstances at that time.

Environmental Concerns: UCSB Adventure Programs follows minimum impact practices according to the guidelines of the Leave No Trace Center for Outdoor Ethics. The trip leaders have an information sheet that discusses low impact camping, please take a moment to read over it before you start your hike. More information is available at www.lnt.org.

Feminine Care Information for All Participants: Outdoor adventures typically causes a change or increase in your physical activity level and may alter your menstrual cycle. We understand that feminine care may be a concern and we have several suggestions to help you manage your needs on the trip.

To be adequately prepared, please bring the following:

- Twice the number of tampons, pads, or panty liners you normally use during a cycle. Since you are going to out in the wilderness for a long period of time, plan to bring enough for 2 to 3 cycles.
- 4 to 5 large zip-lock plastic bags (freezer grade quality)
- 2 travel packs of feminine or baby wipes
- 2 travel size bottles of instant hand sanitizer or anti-bacterial soap that does not require water
- 2 extra bandanas (useful for keeping dry when not menstruating)
- An opaque carrying bag you can use to store the zip-log bags containing used products until you can dispose of them. Some suggestions:
 - Place duct tape around the zip-lock bags
 - Bring a small zippered cosmetics case
- Extra underwear – two to four pairs

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- At Adventure Programs, we practice Leave No Trace camping techniques. Therefore, we pack out all that we pack in. This means you will be expected to store used products until you reach the front-country at completion of the trip.

If you need any help or guidance, your trip leaders are very experienced in helping you solve feminine care concerns while you are on your trip. Don't hesitate to ask them any questions you may have on how to deal with a challenge.

No Drugs or Alcohol: University regulations and program policies do not allow alcohol or drugs on this trip. Thank you, in advance, for your cooperation.

Refund Policy: There are no refunds after you register, unless the trip is canceled. If you find another individual to come in and pay for your spot, we will then send you a refund. You can come to the Rec Cen Cashier's Office (893-3738) ask if they can find a replacement from the waiting list.

UCSB ADVENTURE PROGRAMS

www.GauchosPlay.com

(805) 893-3737

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.

*For information on other programs we offer, find us at **www.GauchosPlay.com***



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