



# Sierra 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 s/he contacts 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 in the high Sierra to be warm in the daytime and cool/cold in the evenings. Weather can take a turn for the worst at any time while visiting in alpine environments; therefore, warm clothes, effective rain gear, good footwear, a tent and a warm sleeping bag are essential for you to enjoy this adventure.

### REQUIRED EQUIPMENT

- \_\_\_ Backpack that is adjusted to fit well (external or internal frame) 60-90L
- \_\_\_ 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)
- \_\_\_ Sleeping Bag (should be rated to keep you warm to a temperature of 20°F)
- \_\_\_ Ground Pad (sleeping pad (Foam or Inflatable) that will insulate you from the cold ground)
- \_\_\_ Headlamp/Flashlight (with new batteries)
- \_\_\_ Lunches
- \_\_\_ Stuff Sack for Your Food
- \_\_\_ Pocket knife
- \_\_\_ 1 Cup, 1 Bowl, 1 Plate, Fork and Spoon
- \_\_\_ Personal Hygiene Items (toothbrush, etc.)
- \_\_\_ Hand Sanitizer
- \_\_\_ Toilet Paper (w/ 4-5 large ziplock bags)
- \_\_\_ Menstrual Supplies (see recommendations on trip expectations)
- \_\_\_ 2 Water Bottles (one Nalgene/Hydroflask/etc. and one Camelback works well, 2 Nalgene/Hydroflask/etc. are fine. Ability to carry at least 2L of H2O while hiking.)
- \_\_\_ \$\$ to Buy Road Meals, Snacks, Souvenirs, etc.
- \_\_\_ Sunscreen (min rating of 30 SPF)
- \_\_\_ Sunglasses
- \_\_\_ Brimmed Hat or Visor
- \_\_\_ 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 that also keeps the wind out. You must always be prepared for rain or bad weather.

- \_\_\_\_\_ Hiking Boots or Durable Hiking Shoes with Ankle Support
- \_\_\_\_\_ 2 Sets of Socks
- \_\_\_\_\_ 2 Pair Underwear
- \_\_\_\_\_ 2 Shirts (1 short sleeve and 1 long sleeve)
- \_\_\_\_\_ 1 Pair Long Pants (preferable wool or synthetic)
- \_\_\_\_\_ 1 Down Jacket or Down Vest or Medium Weight Jacket or Heavy Sweater
- \_\_\_\_\_ 1 Waterproof Rain jacket or Poncho
- \_\_\_\_\_ 1 Beanie/Wool Hat (for evenings)
- \_\_\_\_\_ 1 Base Layer Set (tops and bottoms, capilene or polypropylene)
- \_\_\_\_\_ 1 Pair of Shorts for hiking
- \_\_\_\_\_ Gloves or Mittens (if your hands get cold at night)

## RECOMMENDED GEAR

- \_\_\_\_\_ Swimsuit
- \_\_\_\_\_ Day Pack (15-35 L: for day hikes; capacity to hold lunch/snacks, water, extra layers and some extras, like a camera and a book. Top part of backpack if fanny pack convertible works well.)
- \_\_\_\_\_ Extra Pair of Camp Shoes (comfy for at camp)
- \_\_\_\_\_ Bandana(s)
- \_\_\_\_\_ Biodegradable Soap (Ivory or Dr. Bronner's, etc.)
- \_\_\_\_\_ Mosquito/Bug Repellent and Mosquito Netting
- \_\_\_\_\_ Lip Balm with SPF
- \_\_\_\_\_ Lotion/Skin Hydrant (air can be very dry)
- \_\_\_\_\_ 30 - 50 Feet of Nylon Cord
- \_\_\_\_\_ Small Towel
- \_\_\_\_\_ Camera
- \_\_\_\_\_ Repair Kit (Tent/backpack)
- \_\_\_\_\_ Trekking Poles (Play It Again Sports has used ski poles or you can rent)

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.