



YOSEMITE 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 Yosemite to be warm in the daytime and cold in the evenings. Weather can take a turn for the worst at any time while visiting Yosemite; 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

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
- _____ 3-4 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.