# What to Bring

Participants are responsible for bringing adequate, appropriate personal gear for the trip. This is vital to the health and safety of everyone on the trip. Read through this list carefully and ensure that you are fully prepared.

If participants do not bring adequate personal gear, they will not be allowed on the trip and no refund will be available. If you have any concerns about bringing the proper items, please contact us so that we can address them.

- Backpacks, sleeping bags, ground pads, headlamps, and water bottles are available to borrow on the day of our departure free of charge.
- Additionally, we will be providing all necessary eating-ware, so please do not bring these items.
- It is critical that you bring durable shoes or boots for hiking (i.e., they should not be open-toed or unsupportive), ideally with ankle support.
- While we encourage you to bring your own clothing wherever possible, waterproof jackets, waterproof pants and broad-brimmed hats are available to borrow free of charge from us.

All items that are available to be borrowed free of charge from UCLA Outdoor Adventures have been marked with a bear.

### Backpack

- A sturdy internal or external frame. At least 4,000 cubic inches, or 55-85 liters. You will not only carry personal gear, but group gear as well (food, water filter, tent, etc.).

### Sleeping bag and ground pad

- Mummy style sleeping bag, warmth rated to 0°F or colder. Ground pads are absolutely mandatory! A yoga mat is not a substitute!
**Hiking boots** – A sturdy boot or shoe for hiking is critical. If you do not already own a pair, you can purchase inexpensive ones ($30-$50) at most sporting goods stores (Big 5, Sports Authority). If you buy a new pair of boots, make sure to break them in before your trip. Boots that are waterproof and have ankle support are highly recommended. Avoid shoes with mesh exterior. Expect to walk through mud and puddles – your shoes will get wet and dirty!

**Camp shoes** - A light-weight shoe or supportive sandal that you can wear around camp and to rest your feet from your boots. An old pair of tennis shoes or sneakers works great. Sandals must have a heel strap. No flip flops.

**Pack cover** – To keep your backpack dry if we hike in the rain. If you don’t have a pack cover, we can lend you a contractor bag as a substitute.

**Gloves** – Must be synthetic and durable to keep hands warm in cold, wet weather.

**Flashlight and/or Headlamp** – Bring extra batteries just in case. Do not rely on your cell phone for a flashlight.

**Sunhat, sunglasses, sunblock, lip-balm with SPF**
Sunhats are available to borrow from us.

**Water bottles** – **You must be able to carry at least 2 liters of water.** Reusable, durable, and lightweight bottles are ideal and provided by the program. Water bladders are also acceptable, but you must have at least one water bottle regardless of the capacity of the water bladder.
Clothing

Synthetics or wool are best. Stay away from cotton, if possible.
When cotton gets wet it is slow to dry and does not insulate our body heat. For clothing, synthetic materials or wool are highly recommended because they dry quickly and keep you warm even when they are wet. Fleece is great. Clothes should be comfortable for active pursuits, like hiking.

Bring all the clothing listed below and MORE. If you are unsure about whether or not to bring something, bring it. We can always leave it in the van. Remember, the temperature will drop at night, so be prepared for cold.

Base layers / Long underwear – These layers are worn against the skin. They should be stretchy, warm, and comfortable. You will need a pair of tops and bottoms made of a synthetic material, such as polypropylene or wool.

Underwear – Recommended 1 pair/day

T-shirt – Remember to wear wool or synthetic materials (rather than cotton). Sleeves can offer good sun protection. If you only have cotton, then bring extra shirts. Recommendation: bring one shirt for hiking, one for sleeping, and a clean one to leave in the van for the ride home.

Socks – At least 2 pairs of socks for hiking, made of synthetic or wool materials (no cotton). Recommendation: a separate pair of socks designated only for sleeping.

Insulating layers – These layers are for warmth. Several light layers are more versatile than one heavy jacket. Bring at least two sweaters or jackets. Wool, fleece, and/or “puffy” style jacket is ideal. Two or more synthetic sweatshirts can work, too.

Hiking pants/shorts – These layers should be good for hiking.

Evening pants layers – Comfortable layer-able pants for night time and hanging out at camp. Recommendation: Fleece or sweat pants on top of a base layer pants.

Beanie / warm hat / scarf – Something warm in wool or fleece to keep your head warm when it’s cold, especially at night. Beanies are available to borrow from us.
WaterPROOF rain jacket or poncho with hood – Be sure it is actually waterproof and not just “resistant.” Inexpensive ponchos can be purchased at most sporting goods stores.

Rain pants – Rain pants are great for rain as well as for extra warmth in cold, windy weather.

Additional Items

The following items are optional except for money. Pocket money will be necessary for snacks and meals on the road.

Personal medications – Please notify the guides of any personal medications you carry. If you anticipate needing ibuprofen, aspirin, or acetaminophen, etc., we recommend you bring your personal supply with you. We have limited emergency supplies in our first aid kits. Please note that we are not permitted to allow minors to use these medications.

Personal toiletries – Keep these small (airplane size) and minimal. All items will need to fit inside bear canisters and space can be very limited, so bring only the essentials.

<table>
<thead>
<tr>
<th>Bring</th>
<th>DO NOT Bring</th>
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<tbody>
<tr>
<td>Toothpaste</td>
<td>Shampoo or other hair products</td>
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<tr>
<td>Lip-balm with SPF</td>
<td>Body lotion</td>
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<tr>
<td>Small container of sunscreen</td>
<td>Soaps</td>
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<tr>
<td>Required medications</td>
<td>Perfumes or cologne</td>
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Camera – If your camera is not waterproof, take extra precaution to keep it stored in a waterproof system (such as multiple ziploc bags). Some people use their phones as cameras, but keep in mind that it will likely run out of battery quickly, and there are no outlets for charging phones in the wilderness.

Large ziploc bags – These can be used for waterproofing, storage, trash, etc. Bring a few, as they are light and multipurpose.

Bandana – Bandanas are great as hankies for blowing a runny nose, as washcloths, or for wetting down and putting on your head.

Towel – Synthetic (rather than cotton), small, and easy to pack.

Swimsuit

Journal, book, or pen

Insect repellant/mosquito head-net

Money – You will need cash/card for meals and snacks on the drive.