



## UCSD Wilderness Orientation Sierra Nevada Backpack Personal Equipment Information

We've compiled this detailed equipment list so that you are clear about what you need, what you don't need and what optional items that you can bring. It is imperative that you read the equipment list carefully before purchasing or renting gear for the Wilderness Orientation (WO) program. You likely own many of the items already. Please direct any questions to the WO Admissions Office, at (858)534-3534 or [wo@ucsd.edu](mailto:wo@ucsd.edu).

### GENERAL INFORMATION

The high Sierra's are characterized by unpredictable weather- it can get below freezing at night any time of the year. Bringing the proper clothing on your course is crucial. You don't need to bring anything more than the items listed. The combination of these items along with the gear we provide will cover all of your clothing and gear needs for the course. Please note that all clothing and personal items must fit into your backpack- plus food, cooking gear, shelter and other group items, so it is necessary to keep bulk to a minimum. You can expect your pack to be about half to two thirds full of personal gear and the remaining third filled with group gear.

Our clothing list reflects the importance of the "layering" principle: dressing in several light layers rather than one heavy layer allows you more flexibility as the weather changes. Generally speaking, AVOID COTTON! It does not insulate when it gets wet thereby causing you to get colder more quickly. Cotton is acceptable as long as it is not a critical warmth layer (i.e. any layer that is meant to provide additional warmth); examples of acceptable cotton use are: cotton t-shirt and shorts to hike in and underwear. Wool has been the long-time favorite of outdoor people, as it retains much of its insulating quality when wet. Even better are many of the new synthetics: pile, polar fleece, polypropylene, and Capliene®. These synthetics, like wool, insulate when wet, but weigh less, dry more quickly and are often more comfortable next to the skin. Here is a great video from NOLS about layering for backpacking:

<http://www.youtube.com/nols1965#p/c/8505AABD01FBE858/9/8t5ZYkKvYkg>.

Many items are available for rental or purchase at UCSD Outback Adventures. Sporting goods or outdoor stores such as REI, Adventure 16, Sport Chalet and Big 5 are great places to get more information about equipment. However, do not feel that you must buy all your gear at mountaineering and specialty stores; many items on this list can be purchased inexpensively from any local Army Surplus or Goodwill stores.

**Rental Information:** While many items can be rented or purchased at the Outback Rental Shop, our selection and numbers are limited. Be sure to submit your rental request form in a timely manner to ensure availability.

<http://recreation.ucsd.edu/templates/recreation.ucsd.edu/includes/userarea/Outback%20Adventur>

Remember, if you have any questions, please contact us!! We are more than happy to answer any and all of your questions!! Contact us at: (858) 534-3534 or [wo@ucsd.edu](mailto:wo@ucsd.edu)

[es/wo/Docs/Rental\\_Request\\_Form2011.pdf](#) **DO NOT wait until the day you arrive at UCSD to secure the necessary equipment!** We cannot stress enough how important it is for students to arrive with their equipment in good order. Leaky rain gear, dripping water bottles, and ill-fitting boots are a hassle and compromise your own safety and comfort. Our time on campus is limited and we will not have time to shop for equipment. Items that are available for rental or purchase at Outback Adventures will be labeled in *italics* below.

**Equipment Check:** Before you leave for your trip, your guides will check your equipment and ask you to leave behind any items that are not suitable for the trip. If a piece of equipment is deemed unsafe or likely to fall apart in the field, we will require that you replace it by rental or purchase. This policy enables us to ensure the entire group has a safer, hassle-free experience on the trail.

### GENERAL EQUIPMENT

- 1 **Sleeping bag.** Needs to be made from synthetic materials (down will work as well), and must be minimally rated to 10 degrees. Cotton is NOT acceptable. *Available to rent.*
- 1 **Sleeping pad.** This can be made of closed-cell foam (Ridge-Rest or Z-Rest) or inflatable (Therma-Rest®). *Available to rent*
- 1 **Ground cloth.** A lightweight plastic or nylon tarp that goes between the ground and your sleeping pad that should be approximately 5'X7'. *Available for purchase.*
- 1 **Internal frame backpack.** Needs to have a minimum capacity of 5,000 cubic inches, should carry a 45 to 60 pound load comfortably. This should have a well-padded hip belt and shoulder straps, and should fit YOU well. Check all straps, zippers, and pockets beforehand to make sure that they are in good condition. Here is a helpful pack fitting video from NOLS: <http://www.youtube.com/nols1965#p/c/3/AfuPoXCWs8Q> *Available to rent.*

### CLOTHES AND OUTERWEAR

- 1 **Lightweight long underwear set (top and bottoms).** Long underwear containing cotton will not be accepted. *Available for purchase.*
- 1 **Expedition-weight long underwear shirt.** This needs to be heavier than your lightweight top (synthetic/stretch woven). Cotton will not be accepted.
- 1-2 **Short-sleeve t-shirts.** Lightweight synthetic or polypropylene is best, but cotton will work.
- 1-2 **Lightweight nylon shorts.** Running, swim trunks, or soccer shorts work well. Make sure you'll be comfortable hiking in them for long periods of time.
- 2+ **Sports bras.** Polypropylene or synthetic is best.
- 3-4 **Underwear.** Silk, nylon, or polypropylene is best.
- 1 **Jacket.** 200-300 weight polar fleece, insulated primaloft, wool or down will work best. Cotton will not be accepted.

Remember, if you have any questions, please contact us!! We are more than happy to answer any and all of your questions!! Contact us at: (858) 534-3534 or [wo@ucsd.edu](mailto:wo@ucsd.edu)

- 1 **100-weight polar fleece or insulated synthetic pants.** Cotton will not be accepted.
- 1 **Lightweight nylon hiking pants.** Zip-off legs are useful (if bringing zip-off pants, then only bring one pair of regular shorts). Cotton (jeans, sweatpants, etc) will not be accepted.
- 1 **100% Waterproof raingear set (jacket and pants).** Gore-tex® and other breathable waterproof fabrics are ideal. Ponchos, plastic rain gear, and water resistant sports pants and jackets will not be accepted. *Available to rent-- very limited sizes.*
- 1 **Synthetic fleece or wool hat.** Cotton will not be accepted. *Available for purchase.*
- 1 **Fleece or wool gloves or mittens.** *Available for purchase.*
- 1 **Post trip clothes.** To change into after final night shower.

## FOOTWEAR

- 1 **Hiking boots.** Please read the “Boot Information” section below.
- 1 **Camp shoes.** Lightweight running shoes or old sneakers will work well. Used to wear around camp and also as a pair of backup hiking shoes; open-toed shoes will not be accepted.
- 3 **Medium weight synthetic or wool socks.** Cotton socks are not acceptable. *Available for purchase.*
- 2 **Liner socks.** Thin polypropylene, synthetic, or silk works best (helps to prevent blisters). *Available for purchase.*

## ACCESSORIES

- 1 **Sun hat.** A visor, baseball cap, or nylon hat is lightweight and works well.
- 2 **Bandanas.** Used for a number of purposes: sun protection, hold hair back, a pot holder, etc. *Available for purchase.*
- 2 **Water Bottles.** Quart size, durable water bottles must seal completely. Nalgene (or similar style) bottles work best. No Evian type or bike water bottles as they often leak or crack. Bladders are acceptable, but if you bring a bladder, please bring at least one hard water bottle in case the bladder rips. *Bottles available for purchase.*
- 1 **Cup, bowl, and spoon.** Non-breakable, durable plastic cup and bowl that will keep food and drinks warm. *Available for purchase.*
- 1 **Headlamp or Flashlight.** Headlamps work best as they are hands free, but a lightweight, small and durable (Mini Mag-lite®) will work also. *Available for purchase.*
- 1 **Spare headlamp/flashlight bulb & extra batteries.** The fewer and smaller the batteries of your headlamp/flashlight, the less battery life you will have. If in doubt bring a couple extra sets of batteries.
- 1 **Sunglasses.** 100% UV protection. *Available for purchase.*
- 1 **Sunglasses retainer strap.** Chums®, Croakies®, or other such retainer to help prevent lost sunglasses. *Available for purchase.*
- 1 **Whistle.** Lightweight, on a lanyard to go around your neck. *Available for purchase.*

Remember, if you have any questions, please contact us!! We are more than happy to answer any and all of your questions!! Contact us at: (858) 534-3534 or [wo@ucsd.edu](mailto:wo@ucsd.edu)

- Nylon cord.** Parachute type cord for strapping equipment, building your tarp sunshade, etc. (1/8"X50'). *Available for purchase.*
- Moleskin/Spenco Pads.** One package of moleskin or Spenco Pads is key for blister prevention. 2<sup>nd</sup> Skin® or Spyroflex® are two popular brands that are available at local drugstores. *Available for purchase.*

### PERSONAL ITEMS

- 1 **Toiletry kit.** Small toothbrush, small tube toothpaste, small comb (no shampoo, soap, deodorant, lotions, makeup, etc.)
- 1 **Shower kit.** You have 1 shower on the last night of the trip.
- 1 **Sunscreen.** Small bottle of sunscreen, SPF 30 or greater. *Available for purchase.*
- 1 **Lip balm with sunscreen.** Small tube with SPF 15 or greater. *Available for purchase.*
- Feminine supplies.** Bring an ample supply, even if it won't be your normal time of the month.
- Prescription eyewear.** Contacts are okay as long as you have a pair of glasses as a backup. Remember to bring plenty of cleaning supplies.
- Prescription medicine.** Needs to be in its original prescription bottle with doctor's name displayed.
- \$80 to \$120 cash.** This is for traveling money, final celebration dinner, renting gear as needed, pay for lost or damaged group equipment.

### OPTIONAL (recommended, but not required)

- 1 **Camera.** Small and durable
- 1 **Bug repellent.** *Available for purchase.*
- 1 **Camp chair.** Lightweight, portable Crazy-Creek® or other type of chair. *Available to rent.*
- Journal and pen.** A pen and small notebook or pad of paper will work great. Put them in a plastic bag to keep them dry.
- Water bottle holder.** This will keep your water bottle handy while on the trail. If you are renting a pack from us, our packs have this.
- Duct tape.** Just wrap a fair amount around your water bottle.
- 1 **Small towel.** Quick dry works best; should be no bigger than 30"X30". *Available for purchase.*
- 1 **Sarong.** A nice touch for town or even to hike in. This can double as a towel.
- 1 **Pocket knife.** Small and lightweight. Leatherman multi-tool will work fine. *Available for purchase.*
- 1+ **Carabiners.** Used to clip water bottles in place; the inexpensive small ones from a local hardware store work great.

### THINGS YOU'LL NEED BEFORE AND AFTER YOUR WILDERNESS TRIP

Please arrive on Day 1 of WO in clothing that you feel comfortable in and is appropriate for running around; athletic clothing and shoes. While we won't be rolling around in the mud, expect to get a little dirty, as we have fun playing games, packing gear, loading trailers, and

Remember, if you have any questions, please contact us!! We are more than happy to answer any and all of your questions!! Contact us at: (858) 534-3534 or [wo@ucsd.edu](mailto:wo@ucsd.edu)

participating in our Challenge/High Ropes Course. Showers will not be available this night. The nights we spend at UCSD we will sleep outside on the grass. Day 2 through 8, you will be in the field using and wearing the equipment listed above.

Upon your return to UCSD on the evening of Day 8, you will clean your gear (personal, group, etc.) and will (finally) have a chance to take a much deserved shower! **Please pack your shower needs in a separate bag labeled with your name. Make sure you include shampoo, soap, towel, Q-tips, deodorant, shaving materials, a clean set of clothes and other necessary shower supplies.**

## **BOOT INFORMATION**

Hiking boots are perhaps the most crucial item that you will take on a backpacking trip. Improper fitting or poorly broken-in boots will create a living misery on your course. We have provided some examples of boots that will work well for our purposes. However, you may run across a boot not listed that fulfills all requirements. Make sure you show this list to the salesperson, and if you have any questions, give us a call.

### ***Do's for boot shopping***

1. Look for boots that are “full-grain” leather. Don't buy the less expensive “split-grain” boots (suede).
2. Soles must be made of heavy-duty Vibram® or Vibram-type rubber for good traction.
3. Shop in the afternoon because feet typically swell in the afternoon and this will affect the fit.

### ***Don'ts for boot shopping***

1. No trail runners/lightweight hiking boots! While popular for day hikes, these lightweight boots will not provide you with the support or safety necessary for travel across rugged terrain with a heavy pack.
2. No jungle boots, army/military boots, or hunting-type boots. Your boot must be the genuine backpacking/hiking boot. Your boots are not the place to save a few bucks.

***Boot fitting and socks:*** Here is an informative video about boot fitting ([http://www.nols.edu/courses/movies/boot\\_xl.shtml](http://www.nols.edu/courses/movies/boot_xl.shtml)).

1. Start with a couple of options. Put the first choice on one foot and the second on the other. Lace the boots up fully with the socks that you plan to wear—one pair of lightweight liners under the heavier outer socks (see footwear section above).
2. Start by standing on a downward slanting incline and try to jam you toes to the front of the boot. Your toes should never bump against the front of your boot. Next, try to take a walk around the store. Your boots should feel comfortable with plenty of room to wiggle you toes at the front of the boot. Your heel may slip a little in the back; anything more than ¼” is too much. Again, your boots should feel comfortable, but will be much stiffer than you are used to with regular shoes.
3. There should be no obvious pressure points.
4. If you are worried about your boots fitting properly, ask the salesperson if you can wear them around the house (not outside) for a few hours and bring them back if there is a problem.

### ***Boot care***

Remember, if you have any questions, please contact us!! We are more than happy to answer any and all of your questions!! Contact us at: (858) 534-3534 or [wo@ucsd.edu](mailto:wo@ucsd.edu)

1. Break in your boots before the course begins!! Wear them around town, to school, at home...as much as possible (several weeks). This simple activity can not be emphasized enough and will be one of the easiest and most important steps in preparing for a successful and comfortable wilderness adventure.
2. Waterproof your boots with NIKWAX, Scarpa Cream, NaturSeal or similar product. Rub in sealer on all leather surfaces and stitching. Let boots dry naturally. Never heat your boots in ovens or near fires and heaters! Heat adversely affects a boot's leather, stitching, and adhesives and can easily destroy you boots.
3. **BREAK IN YOUR BOOTS!!**

**Medium weight boots:** Qualities to look for in medium-weight hiking boots include:

1. Shock-absorbing composite rubber soles.
2. Supportive shank.
3. Randed weld construction.
4. Soft yet supportive leather upper section (provides ankle support).

Some good examples include (brand first, models second):

- |                                                                                                                                                                                                 |                                                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ol style="list-style-type: none"> <li>1. Garmont: Dakota Plus; Bronco Plus</li> <li>2. La Sportiva: Latok TRK; Latok TRK W</li> <li>3. Lowa: Baffin; Banff; Lady Baffin; Lady Banff</li> </ol> | <ol style="list-style-type: none"> <li>4. Merrell: Grand Traverse II; High Cascade</li> <li>5. Montrail: Moraine</li> <li>6. Scarpa: Delta M3</li> <li>7. Solomon: Pro Trek 7 GTX; Pro Trek 7 LTR</li> <li>8. Vasque: Sundowner MX2</li> </ol> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Remember, if you have any questions, please contact us!! We are more than happy to answer any and all of your questions!! Contact us at: (858) 534-3534 or [wo@ucsd.edu](mailto:wo@ucsd.edu)