



UCSD Wilderness Orientation Chocolate Mountains Canoe Personal Equipment List

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.

GENERAL INFORMATION

Our Chocolate Mountains Canoe course environment is characterized by unpredictable weather; you can expect very intense heat, potentially wind and even the rare thunderstorm.

While beautiful, the lower Colorado River region experiences temperatures over 100 degrees Fahrenheit during the summer months. Sun and heat exposure are two of the biggest concerns in this course area, so quality sunglasses, a comfortable and secure sun hat, and a good stock of sunscreen are essential. 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 canoe- plus food, water, cooking gear, shelter and other group items, so it is necessary to keep bulk to a minimum.

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. Cotton is acceptable as long as it is not a critical warmth layer. Examples of acceptable cotton use are: cotton t-shirt and shorts to paddle in and underwear. Especially in the hot desert of the lower Colorado River region, lightweight, light-colored fabrics are ideal. Many of the new synthetics, pile, polar fleece, polypropylene, and Capliene®, like wool, insulate when wet, but weigh less, dry more quickly and are often more comfortable next to the skin.

Many of the required items are available for rental or purchase at UCSD Outback Adventures. Sporting goods or outdoor stores such as REI, Sport Chalet, Big 5 and Adventure 16 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: After you register for WO, you will receive a link to complete a rental registration form online. Many items can be rented or purchased at the Outback Rental Shop. Be sure to submit your rental request form in a timely manner to ensure availability.

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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 at your expense. This policy enables us to ensure the entire group has a safer, hassle-free experience on the trail.

GENERAL EQUIPMENT

- 1 **Sleeping bag.** Any “summer” bag will work with degree warmth rating of 40 degrees Fahrenheit. *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 **Dry bags.** This is a waterproof bag with a roll-down closure. Look for bags with at least 2000 cubic inches. *Available to rent.*

CLOTHES AND OUTERWEAR

- 1 **Lightweight long underwear set (top and bottoms).** Even though this course area is typically very hot, some nights can cool down especially if there is a breeze. *Available for purchase.*
- 2-3 **Short-sleeve t-shirts.**
- 1 **Lightweight nylon shorts (women)/Swim trunks (men).** Make sure you’ll be comfortable canoeing in them for long periods of time.
- 1 **Swimsuit (women).** Comfortable and durable: make sure you’ll be comfortable paddling in it for long periods of time.
- 1-2 **Sports bras.** Polypropylene or synthetic is best.
- 2-3 **Underwear.**
- 1 **Post trip clothes.** To change into after final night shower.
- 1-2 **Long-sleeve t-shirts.** Lightweight cotton t-shirt for sun protection. An old light-colored old collared button-up dress shirt works particularly well.
- 1 **Lightweight nylon or cotton pants.** Very lightweight, quick-drying to provide sun and bug protection. An old pair of loose fitting, sturdy cotton khakis or medical scrubs will also work. Zip-off pants are useful (if bringing zip-off pants, then only bring one pair of regular shorts).
- 1 **Waterproof raingear set (jacket and pants).** Cheap flimsy ponchos, plastic rain gear, and water resistant pants and jackets will not be accepted. *Rain Jackets Available to rent--very limited sizes.*

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FOOTWEAR

- 1 **Camp shoes.** Lightweight running shoes or old sneakers will work well. Used to wear around camp; open-toed shoes will not be accepted as camp shoes.
- 2 **Medium weight socks.** *Available for purchase.*
- 1 **Water shoes with heel strap.** Worn at all times in the water. Teva® or Chaco® type sandals with ankle straps work well. Neoprene booties will also work. Your water shoes must be separate from your camp shoes because they will be wet most of the time. Flip-flop sandals will not be accepted.

ACCESSORIES

- 1 **Sun hat. REQUIRED!!!** Wide-brimmed hats provide the best all around sun protection. A visor, baseball cap, or nylon hat is lightweight and will also work 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. Camelbak type bladders are preferred, 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.*
- Nylon cord.** Parachute type cord for strapping equipment, building your tarp sunshade, etc. (1/8"X50'). *Available for purchase.*

PERSONAL ITEMS

- 1 **Toiletry kit.** Small toothbrush, small tube toothpaste, small comb (no shampoo, soap, deodorant, makeup, etc.)
- 1 **Shower kit.** You have 1 shower on the last night of the trip.
- 1 **Sunscreen.** Ample supply of waterproof sunscreen, SPF 30 or greater. *Available for purchase.*
- Sunburn gel/cream** Aloe vera or other type.

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- 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

- 1 **Camera.** Small and durable. *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.
- 1 **Bug repellent and/or netting.** Some years, the mosquitoes are negligible; others, they have a formidable presence. Any kind will do. *Repellent is available for purchase.*
- Duct tape.** Just wrap a fair amount around your water bottle.
- 1 **Small towel.** Quick dry works best; should be fairly small. *Available for purchase.*
- 1 **Sarong, dress, or skirt.** A nice touch for town or beach. Sarong can double as a towel.
- 1 **Pocket knife.** Small and lightweight. Leatherman multi-tool will work fine. *Available for purchase.*
- 1 **Rash guard.** If you have one, bring it! It will keep you comfortable and provide sun protection. *Available for purchase.*
- Paddling/Cycling Gloves.** Great for blister protection.

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, and loading trailers.

Upon your return to UCSD on the evening of Day 4, you will clean your gear (personal, group, etc.) and will 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.** We will camp on campus at Outback on the last night of the trip.