



## UCSD Wilderness Orientation Bahía de Los Angeles Sea Kayaking 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. Though this list appears long, 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

Our Bahía de los Angeles course environments are characterized by unpredictable weather—expect very intense heat and potentially wind and even the rare thunderstorm. While beautiful, Bahía de Los Angeles experiences temperatures well over 100 degrees Fahrenheit during the summer months with water temperatures in the mid-eighties Fahrenheit. Sun and salt exposure are two of the biggest concerns in this course area, so quality sunglasses, a comfortable 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 kayak—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 hike in and underwear. Especially in the hot desert of Bahía de Los Angeles, 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:** Many items can be rented or purchased at the Outback Rental Shop. A gear rental request section will be included in the Wilderness Orientation Online Forms you will

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receive after registration. Be sure to submit your rental request form in a timely manner to ensure availability.

**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.** Synthetic “summer” bag that compresses small with a 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’. These will be used during solo. *Available for purchase.*
- 2 **Dry bags.** This is a waterproof bag with a roll-down closure. Look for bags with at least 1300 cubic inches, but not more than 2500 cubic inches carrying capacity. *Included for free.*
- 1 **Passport.** Must be current through the end of WO. Do not wait until the last minute as it takes a while to obtain a passport (expect 6 to 8 weeks).

### CLOTHES

- 1 **Lightweight long underwear set (top and bottoms).** Long underwear containing cotton will not be accepted. Even though this course area is typically very hot, some nights can cool down slightly and wind can chill you quickly. *Available for purchase.*
- 1-2 **Short-sleeve t-shirts.**
- 1-2 **Lightweight nylon shorts (women)/Swim trunks (men).** Make sure you’ll be comfortable kayaking in them for long periods of time. Try to find a quick drying fabric and as always, avoid cotton.
- 1-2 **Swimsuit (women).** Comfortable and durable: make sure you’ll be comfortable kayaking in it for long periods of time.
- 1-2 **Sports bras.** Polypropylene or synthetic is best.
- 3-4 **Underwear.** Silk, nylon, or polypropylene is best.
- 1 **Post trip clothes.** To change into after the final night shower.
- 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. It

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is ideal to have a shirt that can be “salt-free,” meaning you wear one shirt while paddling on the water and another while on land in camp.

- 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).

## OUTERWEAR

- 1 **Waterproof raingear set (jacket and pants).** Cheap flimsy ponchos, plastic rain gear, and water resistant pants and jackets will not be accepted. *Available to rent*

## 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. If you choose to bring flip flops, also bring a pair of closed toed shoes.
- 2 **Medium weight synthetic or cotton 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. Bladders are great, 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 or to rent.*
- 1 **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.*

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- 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.*
- 1 **Small towel.** Quick dry works best; should be fairly small. *Available for purchase.*

## PERSONAL ITEMS

- 1 **Toiletry kit.** Small toothbrush, small tube toothpaste, small comb (no shampoo, soap, deodorant, makeup, etc.)
- 1 **Sunscreen.** Ample supply of waterproof sunscreen, SPF 30 or greater. *Available for purchase.*
- 1 **Lip balm with sunscreen.** Small tube with SPF 15 or greater.
- 1 **Sunburn gel/cream.** Small bottle of Aloe Vera or other type.
- 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.
- 1 **Shower Kit** Soap and shampoo for one shower, on the last day. (This will remain in San Diego and is separate from the toiletry kit)
- 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.

## OPTIONAL

- 1 **Camera.** Small and durable
- 1 **Camp chair.** Lightweight, portable Crazy-Creek® or other type of chair.
- 1 **Sunglasses retainer strap.** Chums®, Croakies®, or other such retainer to help prevent lost sunglasses. *Available for purchase.*
- 1 **Snorkel, mask, and fins.** *Available to rent.*
- 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 **Sarong, dress, or skirt.** A nice touch for town or beach. Sarong can double as a towel.
- 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.
- Sea sickness medicine.** If get seasick or are unsure if you do, you must bring a 7 day supply of sea sickness medicine. Scopolamine works well for most people, but requires a prescription (talk to your doctor).

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Dramamine may also work and is available over the counter, but causes drowsiness. Bonine also works well with less drowsy side effects. Sea sickness medicine can make your trip much more enjoyable.

### **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 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.**

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