



OUTBACK ADVENTURES

WO Grad Black Canyon Kayak Packing List

Welcome to your Outback Adventures Black Canyon Kayak trip! Below is a list of things you should bring on the trip. If you have any questions about what you need, your guides will be happy to answer them by email or in person at your pre-trip meeting.

GENERAL INFORMATION

- Our Black Canyon Kayak 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 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 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: 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 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. This policy enables us to ensure the entire group has a safer, hassle-free experience at the break.

Trip Policies:

- Rental gear listed as provided below by Outback Adventures must be reserved on your Formsite forms.
- All participants must sign a liability waiver to participate. Current emergency contact must be provided and must not be another participant on the trip.
- Drugs, alcohol, tobacco, and firearms are not permitted. Presence of these items is grounds for immediate removal from the trip at your expense.

Packing List:

OUTBACK WILL PROVIDE:

- Outback Adventures Guides
- Group Camping Gear: tents, tarps, sanitation equipment, cooking gear, etc
- Roundtrip transportation from Outback Adventures
- All necessary permits, entrance and camping fees
- **1 Dry bag.** This is a waterproof bag with a roll-down closure. Look for bags with at least 32L if you choose to bring your own. This bag will hold all of your personal items while on the water.
- Meals in the field

YOU SHOULD BRING: Please be aware that all of these items will get very dirty!
Remember - all items not marked optional on this list are *mandatory* - not optional!

GENERAL EQUIPMENT

- 1 **Sleeping bag.** Any “summer” bag will work with a degree warmth rating of 40 degrees Fahrenheit. *Available to rent.*
- 1 **Sleeping pad.** This can be made of 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. *Included for free.*

CLOTHING 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 / Swim trunks.** Make sure you’ll be comfortable kayaking in them for long periods of time.
- 1 **Swimsuit.** Comfortable and durable: make sure you’ll be comfortable paddling in it for long periods of time.
- 1-2 **Sports bras.** Synthetic or synthetic blends are best.
- 2-3 **Underwear.**
- 1 **Post trip clothes.** To change into after the final night shower. *(This will remain in San Diego and is separate from the trip clothes)*
- 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).** Flimsy ponchos, plastic rain gear, and water resistant pants and jackets will not be accepted. *Rain Jackets Available to rent--very limited sizes*

FOOTWEAR

- 1 **Close-toed 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-flops will not be accepted.

ACCESSORIES

- **1 Sun hat. REQUIRED!!!** Wide-brimmed hats provide the best all around sun protection. A visor or baseball cap will 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.** 32oz size, durable water bottles must seal completely. Nalgene (or similar style) bottles work best. 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, spoon and bowl that you will use for meals. *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.*
- **1 Whistle.** Lightweight, on a lanyard to go around your neck. *Available for purchase.*
- **Nylon cord.** Parachute (Paracord) 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. *This will remain in San Diego and is separate from your toiletries)*
- **1 Sunscreen.** Ample supply of waterproof sunscreen, SPF 30 or greater. *Available for purchase.*
- **Sunburn gel/cream** Aloe vera or other type.
- **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 the 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.
- **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. *Available for purchase.*
- 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 **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
- 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.

*Items can be purchased or rented at Outback Adventures. Rentals for trips receive a 50% discount but must be reserved in advance. Questions? Call: 858-534-0684.