

SANTA YNEZ VALLEY - 2008

Equipment and packing information:

Please follow the equipment list when packing for the trip. The following information was developed over the last 30 years by many teachers taking thousands of students on wilderness adventures. They have learned that there is nothing worse than having a large group of cold, wet children on a long journey. Sometimes it rains for days and sometimes it even snows in June! Our number one concern is the safety of the students on our journeys. The required equipment and clothing on this list forms the fundamental basis for protection from the elements.

Everything must fit into 1 **SBMS ORTLIEB duffel** (28" x 15.7" x 15.7"). This includes your tent, sleeping bag and sleeping pad. You **MUST** keep ALL of your gear in your duffel for the entire trip.

****MONDAY - arrive ready to ride with helmet, gloves, hydration pack/ H2O bottles.**

**** NO ELECTRONICS: iPods, cell phones or any electronic devices with the exception of a camera**

* A **WH** in the column titled "Whit's Warehouse (WH)" indicates that the item(s) is sold there. An X indicates Whit's Warehouse does not carry that item. Whit's Warehouse offers GREAT prices on equipment and clothing!

Lower Body Clothing				
Equipment	Whit's WH	Quantity	Comments	CK List
Underwear	X	5 pair	These can be washed by hand during the trip.	
Socks	WH	4 pair	At least 2 pairs should be wool or moisture wicking for cycling. Wool for warmth at night.	
Long Underwear Bottoms	WH	1 pair	Used during the rides. Moisture wicking, lightweight, made of capeline or polypro. Cotton and cotton blends are NOT encouraged	
Fleece Bottoms	WH	1 pair	These are thicker than long underwear, a mid-weight fleece	
Lightweight Long Pants	WH	1 pair	These are to be used in camp.	
Shorts	WH	3 pair	2 of these must be cycling shorts. The other can be shorts to wear in camp.	

Rain Pants	WH	1 pair	These should be waterproof and are used during rides. They may be used in camp as well if we get a rainy morning or evening.	
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Upper Body Clothing

Equipment	Whit's WH	Quantity	Comments	CK List
Undershirt/Sports Bra	X	2	personal preference/if necessary	
Short-sleeve T-shirt	WH	2	Cotton NOT recommended. NO tank tops	
Long-sleeve T-shirt	WH	2	These are for camp and riding. One should be polypro.	
Long Underwear Top	WH	1	Used during the rides. Moisture wicking, lightweight, made of capeline or polypro. Cotton and cotton blends are NOT encouraged	
Long Sleeve Fleece Top	WH	1	This is thicker than long underwear, a mid-weight fleece	
Heavy-Weight Pullover or Sweater	WH	1	Wool or Fleece	
Rain Jacket	WH	1	This should be waterproof & is used during rides. It may be used in camp as well if we get a rainy morning or evening.	

Other Clothing

Equipment	Whit's WH	Quantity	Comments	Ck List
Fleece gloves	WH	1 pair	These may be used during riding over cycling gloves to keep fingers warm	
Fleece/wool cap	WH	1	For use during rides if it is cold or at camp at night	
Sun hat	WH	1	This should have a brim or visor	
Swim Suit	X	1	Just in case...	
Bandana	WH		To use while cycling	

Footwear

Equipment	Whit's WH	Quantity	Comments	CK List
Cycling Shoes	X	1 pair	Athletic shoes or shoes specifically made for cycling	
Camp shoes	X	1 pair	Comfortable close-toed shoes for camp AND for walking/hiking.	

Bags, Utensils, and Sleeping Gear

Equipment	Whit's WH	Quantity	Comments	CK List
Tent	WH	1 per tent group	3-PERSON SIZE TENT MAX! Two students max! Be sure that you have packed the tent poles, stakes, tie lines, ground fly, and rain fly that covers the ENTIRE TENT!	
Synthetic Sleeping Bag	WH	1	Be sure that it has a reating of 0 degrees. It can be cold at night.	
Sleeping Pad	WH	1	This insulates the adventurer from the ground as she/he dreams. It is VERY important	
Eating Kit	WH	1	This MUST include: fork, spoon, bowl, and cup. It MUST be in its own stuff sack	
Duffel Bag	WH	1	Ortlieb bag (can be used on the BOB trips as well)	

Toiletries-Put all liquids, powder, & pastes in ziploc bags to prevent spillir

Equipment	Whit's WH	Quantity	Comments	CK List
Toothbrush	X	1		
Toothpaste	X	1	Travel Size! (light and small!)	
Soap	X		Travel Size! (light and small!)	
Shampoo	X		Travel Size! (light and small!)	
Brush	X		Travel Size! (light and small!)	
Deodorant	X	1		

Body Wipes	WH		These are handy after a long day of biking if the rider opts out of a shower...	
Towel	WH	1	Small quick drying towel	

Miscellaneous equipment

Equipment	Whit's WH	Quantity	Comments	CK List
Sunscreen	X	1 large tube	30+ SPF	
Lip Balm	WH	1	30+ SPF	
Sunglasses	X	1 pair		
Small Flashlight / Headlamp	WH	1	Headlamps are VERY handy!	
Extra Batteries	X	1 or 2 sets	For your flashlight or headlamp	
Insect Repellent	X	1		
Journal / Paper	X			
Pen	X	1		
Large Trash Bags	X	2	for storage of wet and dirty clothing and shoes	

REQUIRED Bike Gear: THE CRITICAL ITEMS

Equipment	Whit's WH	Quantity	Comments	CK List
Breezer and/or 3 Tire Irons	WH		You will need a 6" adjustable crescent wrench if you do not have a quick release	
Tire Patch Kit	WH	1	This includes patches, glue, and sandpaper	
Spare Tubes	WH	2	Be sure that they are the correct size! They must fit your tire size	
Tire Pump	X	1	Most of the pumps that are on the market can be adjusted to fit either presta or schrader valves. However, be sure that the pump fits YOUR specific tire valves.	

Personal First-aid Kit	WH	1	This includes sunscreen, 2 quarters, and a medical release form that will be handed out on the trip. In addition, please inform Lilli if your child will be taking any personal medication	
Bike Gloves	WH	1 pair	Required to ride	
Bicycle Helmet	WH	1	NO hybrid skating helmets. A helmet with a jaw protector is suitable.	
Hydration Pack OR Two Water Bottles	WH		If you opt for the water bottles, they must be mounted on the bicycle frame. The hydration pack must hold a sufficient or equivalent amount of water.	
Rear Rack / Seat-Post Rack	X	1	If using a seat-post rack, it MUST be secure	
Rear Rack Pack	X	1	Handlebar bags and backpacks are not allowed. The rear rack pack is used to hold the critical items while on the trail.	
Light-Weight Cable and Lock	X	1	We ask that you use a combination lock rather than a key lock, as the keys have a tendency to disappear	
BICYCLE! (with front shocks)	X	1	NO hybrid bikes. Please speak with Jesse K. if you have any questions regarding appropriate bikes.	

Optional, But Recommended Gear

Equipment	Whit's WH	Quantity	Comments	CK List
High Quality Bicycle Seat	X	1	Your rider's bottom will thank you!	
Sun Shower	WH	1	There are no showers!	
Sleepwear	X	1	This gets them out of their riding and camp clothes at night	
Travel-size Tissues	WH		These are helpful on rides	
Stuff Sacks	WH		These can be VERY helpful during packing to organize clothing and equipment. You can also use ziploc bags.	

Camera	X	1	Memories...	
Film	X			
Books	X		There might be time...	

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