



UC San Diego Recreation

OUTBACK ADVENTURES

Cowles Mountain Packing List

Welcome to your Outback Adventures Cowles Mountain Hike! Below is a list of things you should bring. If you have any questions about what you need, the staff in our rental shop would be happy to help you.

GENERAL ITINERARY:

- 6:00 pm: Meet at the Outback Adventures Rental Shop/HQ
- Depart for Cowles Mountain (~30 minutes)
- 9:00 pm: Hike down and leave Cowles
- 10:00 pm: Arrive back at Outback Adventures

PACKING LIST:

OUTBACK WILL PROVIDE:

- Outback Adventures Hiking Guides
- Roundtrip transportation from Outback Adventures

YOU SHOULD BRING/WEAR:

- Clothes you are comfortable moving around in (hiking pants or yoga pants will suffice)
- Warm clothes (it can be chilly at the top!)
- Closed-Toed Shoes (sneakers or hiking boots)
- Water Bottle* or Camelbak-style bladder (at least 32oz)
- Snacks (optional)
- Camera (optional)

* Items can be purchased at Outback Adventures. Store hours: M-F 12:00pm – 6:00pm,
Questions? Call: 858-534-0684.