Welcome to your Outback Adventures Joshua Tree Yoga Adventure trip! Below is a list of things you should bring. Please print out this list and bring it to your pre-trip meeting — if you have any questions about what you need, your guides will be happy to answer them at that time.

**Pre-Trip Meeting** 6pm, Wednesday before the trip (mandatory)
**Meeting location:**  Outback Adventures HQ/Rental Shop

**GENERAL ITINERARY:**

Prior to the trip
- Reserve and pickup Outback provided equipment
- Gather personal equipment

Friday:
- Meet at Outback, final gear check, depart for Joshua Tree National Park
- Arrive, make camp.

Saturday:
- Yoga instruction
- Day hikes and park exploration
- Delicious meals

Sunday:
- Yoga instruction
- Hiking and yoga
- Return to Outback Adventures

**TRIP POLICIES:**

- Rental gear listed as provided below by Outback Adventures must be reserved at the Outback Rental Shop prior to the trip, during store hours.
- All participants must sign a liability waiver to participate on our trips. Current emergency contact must be provided.
- Drugs, alcohol, tobacco and firearms are not permitted on any Outback trip. Presence of these items is grounds for immediate removal from the trip at your expense.
PACKING LIST:

OUTBACK WILL PROVIDE:

- Outback Adventures Guides
- Yoga instruction
- Camping Gear: tents, tarps, sanitation equipment, cooking gear, etc
- Roundtrip transportation from Outback Adventures
- All necessary permits, entrance and camping fees
- 5 meals in the field & drinking water
  - Friday – dinner
  - Saturday – lunch & dinner
  - Sunday – breakfast & lunch
  - NOT INCLUDED: Two road meals (i.e. In-N-Out Burger, Mexican Food, etc.)

YOU SHOULD BRING:

- Long underwear tops & bottoms*
- Very Warm Coat
- Raingear (jacket & pants)*
- Warm Pants — ideally not cotton
- Sweater/Fleece — ideally not cotton
- Sneakers/Sturdy Shoes
- Warm Hat*
- Gloves/Mittens*
- Socks*
- Underwear
- T-shirts
- Long-sleeved Shirt
- Long Pants that you are comfortable hiking and climbing in
- Sleeping Bag (0 degree)
- Sleeping Pad (some work well as a yoga mat, too!)*
- Sunglasses*
- Sun Hat
- Day Pack, for snacks/water on hikes*
- Headlamp or Flashlight and Extra Batteries*
- Yoga mat
- Toiletries
- Feminine supplies
- Sunscreen/Lip Balm (SPF 15 or higher)*
- Water bottles/bladder (at least 2 liters capacity)*
- Snacks
- Money (at least 2 road meals)
- Passport and visa (for non-US citizens)
- Book/Journal/Cards (optional)
- Camera (optional)

* Items can be purchased or rented at Outback Adventures. Rentals for trips receive a 50% discount, but must be reserved in advance. Store hours: M-F 12:00pm – 6:00pm. Questions? Call: 858-534-0684.

NOTE: All non-US citizens must have a passport and a current Visa due to the Border patrol checkpoints between UCSD and Joshua Tree National Park.