



UCSD Grad Surf Orientation 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 Grad Surf Orientation program, you likely own many of the items already. Please direct any questions to the Admissions Office, at (858)534-3534 or wo@ucsd.edu.

GENERAL INFORMATION

Our course environments are characterized by unpredictable weather- it can get chilly at any time of the year. Generally speaking, weather in the surf

location brings marine layer (foggy) mornings, hot to warm days with cool to “brisk” evenings. Expect water temperatures in the upper 60s-lower 70s degrees Fahrenheit. The water here is normally several degrees cooler than San Diego waters. Late summer can be a beautiful time on the Pacific Coast, but can also be fairly foggy and windy.

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 a duffle bag.

Rental Information: While many items can be rented or purchased at the Outback Rental Shop, our selection and numbers are limited. Please visit this link to reserve and pay for your rental items as soon as possible to ensure availability http://recreation.ucsd.edu/templates/recreation.ucsd.edu/includes/userarea/Outback%20Adventures/wo/Docs/Rental_Request_Form2011.pdf **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.

Remember, if you have any questions, please contact us!! We are more than happy to answer any and all of your questions!! Contact us at: (858) 534-3534 or wo@ucsd.edu

GENERAL EQUIPMENT

- 1 **Sleeping bag/Blanket.** Sheets/blankets/pillows are included, but if you sleep cold, bring an extra bag/blanket *Available to rent.*
- 1 **Surf board (included free)** Feel free to bring your own if you'd like, but we have plenty available that are included FREE. Please email us at wo@ucsd.edu if you plan to bring your own board.
- 1 **Wetsuit (included free)** Feel free to bring your own if you'd like, but we have plenty available that are included 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).

CLOTHING

- 1-2 **Sports bras.**
- 2-3 **Underwear.**
- 2-3 **Short-sleeve t-shirts.**
- 1 **Swimsuit/Board Shorts .** Comfortable and durable: make sure you'll be comfortable surfing in it for long periods of time.
- 1 **Shorts .** Comfortable and durable for around camp.
- 1-2 **Rashguard.** If you have one, bring it! It will keep you comfortable and provide sun protection. *Available for purchase.*
- 1-2 **Warm Jacket/Hoody**
- 2-3 **Long-sleeve t-shirt.** Lightweight cotton t-shirt for sun protection.
- 1 **Long pants-jeans/cotton is fine**
- 1 **Stocking cap/beanie.** *Available for purchase.*

FOOTWEAR

- 1 **Shoes.** Lightweight running shoes and a pair of flipflops, cros etc will work well.
- 2 **Socks.** At least one warm pair
- 1 **Water shoes.** Neoprene surf booties will work well for walking over cobble stone in the surf zone. *Assorted sizes available at the surf resort for free. Bring your own if you have them.*

ACCESSORIES

- 1 **Sun hat.** 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. Bladders are acceptable, but if you bring a bladder, please bring at least one hard water bottle in case the bladder rips. *Bottles available for purchase.*

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- 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.*
- 1 **Sunglasses.** 100% UV protection. *Available for purchase.*
- 1 **Sunglasses retainer strap.** Chums®, Croakies®, or other such retainer to help prevent lost sunglasses. *Available for purchase.*
- 1 **Towel.** Beach towel is fine. *Available for purchase.*

PERSONAL ITEMS

- 1 **Toiletry kit.** Small toothbrush, small tube toothpaste, small comb, shampoo, deodorant etc.
- 1 **Sunscreen.** Ample quantity of waterproof sunscreen, SPF 30 or greater. *Available for purchase.*
- 1 **Lip balm with sunscreen.** Small tube with SPF 15 or greater. *Available for purchase.*
- 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 and extra contacts as they often fall out when surfing.
- Prescription medicine.** Needs to be in its original prescription bottle with doctor's name displayed.
- \$80 to \$120 cash.** This is for traveling money, meals on the road, travel visas, renting gear as needed, pay for lost or damaged group equipment.
- Wax and ding repair kit.** If you are bringing your own fiberglass board, be sure to bring the necessary supplies to fix minor damages.

OPTIONAL

- 1 **Camera**
- 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.
- 1 **Sarong, dress, or skirt.** A nice touch for town or beach. Sarong can double as a towel.
- 1 **Snorkel, mask, and fins.** *Available to rent.*

We look forward to meeting you and having you participate in this momentous kick-off to your life at UC San Diego! See you soon!!