



SOM Outdoor Experience 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. Though this list appears long, you likely own many of the items already. Please direct any questions to the WO Admissions Office, at (858)534-3534 or wo@ucsd.edu.

Rental Information: After you register for the SOM Pre-Op, you will receive a link to complete a rental registration form online. Many items can be rented or purchased at the Outback Rental Shop. Be sure to submit your rental request form in a timely manner to ensure availability.

OUTBACK ADVENTURES WILL PROVIDE:

- Transportation from UCSD
- Food (meals) in the field
- Drinking Water
- Camping Gear: tents, tarps, sanitation equipment, cooking gear, cups/bowls/spoons etc
- Trained Guides

We will travel to the nearby Laguna Mountains, east of San Diego for our SOM Outdoor Experience camping trip. Although we'll be near San Diego, the weather can be very unpredictable. Expect warm temperatures during the day (70's to 90's), cooler temperatures at night (50's to 60's), and even the occasional thundershower. Bringing the proper clothing on your trip is crucial. 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 trip. Please note that all clothing and personal items must fit into a duffle bag or large backpack.

GENERAL EQUIPMENT

- 1 **Sleeping bag.** *Available to rent.*
- 1 **Sleeping pad.** This can be made of closed-cell foam (Ridge-Rest or Z-Rest) or inflatable (Therma-Rest®). *Available to rent*
- 1 **Day Pack.** Any normal backpack/book bag will work; used to hold your personal gear during short hikes from the campground.
- 1 **Duffle Bag.** Should be large enough to pack all of your personal equipment inside.

CLOTHING

- 1 - 2 **Short-sleeve t-shirts.**
- 1 - 2 **Long-sleeve shirts.**

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

- 1 - 2 **Lightweight shorts.** Running, swim trunks, or soccer shorts work well. Make sure you'll be comfortable climbing in them at the challenge course (hint: longer shorts work best).
- 1 **Pants.** Nylon pants are great to keep your legs protected but out of the sun and are comfortable for hiking. Jeans work fine as well for around camp.
- 1 - 2 **Sports bras**
- 2 - 3 **Underwear**

OUTERWEAR

- 1 **Warm Jacket/Fleece.** Nights can be cold at the campsite.
- 1 **Waterproof rain jacket.** *Available to rent-- very limited sizes.*
- 1 **Stocking Cap/Beanie.** *Available for purchase.*

FOOTWEAR

- 1 **Hiking boots/shoes.** We are only going on short day hikes, a pair of comfortable hiking boots, running or trail shoes.
- 1 **Camp Shoes.** Something comfortable for wearing around camp and during activities. Hiking boots/shoes can be used for this.
- 2 **Socks**

ACCESSORIES

- 1 **Sun hat.** A visor, baseball cap, or nylon hat is lightweight and works well.
- 1 **Bandana.** Used for a number of purposes: sun protection, hold hair back, a pot holder, etc. *Available for purchase.*
- 1 **Water Bottle.** Quart size, durable water bottles must seal completely. Nalgene (or similar style) bottles work best. Water 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.*
- 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.

PERSONAL ITEMS

- 1 **Toiletry kit.** Small toothbrush, small tube toothpaste, small comb.
- 1 **Sunscreen.** Small bottle of sunscreen, SPF 30 or greater. *Available for purchase.*
- 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 doctor's name displayed.

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

- \$20-\$50 cash.** This is for our stop in Julian, renting gear as needed, pay for lost or damaged group equipment.

OPTIONAL (recommended, but not required)

- 1 **Camera.** Small and durable
- 1 **Personal Snacks.** Small amount
- 1 **Bug repellent.** Mosquitoes unlikely but possible, any kind will do.
- 1 **Camp chair.** Lightweight and portable.
- 1 **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 **Lightweight fleece or wool gloves or mittens.** *If you tend to get cold.*
- 1 **Sunglasses retainer strap.** Chums®, Croakies®, or other such retainer to help prevent lost sunglasses.

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