



## UCSD Wilderness Orientation Tall Ship Sailing 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 Wilderness Orientation (WO) program. 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](mailto:wo@ucsd.edu).

### GENERAL INFORMATION

San Diego and the Pacific Ocean in August and September usually have beautiful weather, but it can get chilly. Generally speaking, weather on the Pacific Ocean brings marine layer (chilly & foggy) mornings, air temps from 60s to lower 90s degree F during the day, cool to “brisk” evenings. It can be very windy on the ship and that wind can cool you quickly, especially at night. Expect water temperatures in the upper 60s-lower 70s degrees Fahrenheit.

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. Our clothing list reflects the importance of the “layering” principle: dressing in several light layers rather than one heavy layer allows you more flexibility as the weather changes. Cotton is acceptable for most of your clothing but you should have a critical warmth layer that is synthetic or wool. Cotton does not insulate when it gets wet and does not dry, thereby causing you to get colder more quickly.

**Rental Information:** While many items can be rented or purchased at the Outback Rental Shop, our selection and numbers are limited. Be sure to submit your [rental request form](#) in a timely manner to ensure availability. **DO NOT wait until the day before the trip 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. We will not have any time to rent/purchase gear on the first day of the trip before boarding the ship. 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

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that you replace it by purchase at your own expense. This policy enables us to ensure the entire group has a safer, hassle-free experience on the trail.

### GENERAL EQUIPMENT

- 1 **Sleeping bag.** Should be minimally rated to 40 degrees. *Available to rent.*

### CLOTHES AND OUTERWEAR

- 1-2 **Sports bras.**
- 2-3 **Underwear.**
- 2-3 **Short-sleeve t-shirts.** Lightweight synthetic or polypropylene is best, but cotton will work.
- 1 **Swimsuit/Board Shorts.**
- 1 **Shorts.**
- 2-3 **Long-sleeve t-shirt.** Lightweight cotton t-shirt for sun protection. An old light-colored collared button-up dress shirt works particularly well.
- 1 **Long pants-jeans/cotton is fine**
- 1-2 **Insulated Jacket/Hoody/Sweatshirt.** It will get chilly on deck.
- 1 **Stocking cap/beanie.** *Available for purchase.*
- 1 **Insulated/fleece gloves** *Available for purchase.*
- 1 **Waterproof raingear set (jacket and pants).** Cheap flimsy ponchos, plastic rain gear, and water resistant pants and jackets will not be accepted. *Rain Jackets Available to rent-- very limited sizes.*

### FOOTWEAR

- 1 **Shoes.** Lightweight running shoes
- 1 **Comfy shoes.** Pair of flip-flops, crocs
- 2 **Socks.** At least one warm pair

### 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.*
- 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.*

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- 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.*
- 1 **Whistle.** Lightweight, on a lanyard to go around your neck. *Available for purchase.*

**PERSONAL ITEMS**

- 1 **Toiletry kit.** Small toothbrush, small tube toothpaste, small comb (no shampoo, soap, deodorant, makeup, 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.
- Sea Sickness medicine.** Such as Dramamine, if you think you get motion sickness, but useful to have anyway just in case
- \$80 to \$120 cash.** This is for traveling money, final celebration dinner, renting gear as needed, pay for lost or damaged group equipment.

**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.

**THINGS YOU'LL NEED BEFORE AND AFTER YOUR WILDERNESS TRIP**

Please arrive on Day 1 of WO in clothing that you feel comfortable in and is appropriate for running around; athletic clothing and shoes. Upon your return to San Diego on the evening of Day 4, you will get a chance to go out for a celebration dinner, make sure you pack a clean set of clothes.