



UCSD Wilderness Orientation Baja Surf Camp 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. 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.

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. Late summer can be a beautiful time on the Pacific Coast, but can also be fairly windy. We will be camping in tents near the van on the sand at the surf break. There will be no fresh-water showers until the final night. Most of our time will be spent in the water or at camp; we will also take short hiking excursions away from camp.

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-; with our trailer packed to the brim with personal gear, surf boards, food, water, cooking gear, shelter and other group items, it is necessary to keep bulk to a minimum.

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: After you register for WO, 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.

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

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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.

GENERAL EQUIPMENT

- 1 **Sleeping bag.** Needs to be made from synthetic materials (down will work as well), and should be minimally rated to 40 degrees. Cotton is NOT acceptable. *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 **Ground cloth.** A lightweight plastic or nylon tarp that goes between the ground and your sleeping pad that should be approximately 5'X7'. *Available for purchase.*
- 1 **Surf board.** 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 **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).

BASE LAYERS

- 1-2 **Sports bras.**
- 2-3 **Underwear.**
- 1 **Lightweight long underwear set (top and bottoms).** Even though this course area is typically warm, nights can cool down. *Available for purchase.*
- 2-3 **Short-sleeve t-shirts.** Lightweight synthetic or polypropylene is best, but cotton will work.
- 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 **Wet suit.** Full length 3mm/2mm thickness is recommended unless you stay very warm in the water. Expect water temps of upper 60s lower 70s. *Available to rent.*

OUTERWEAR

- 1-2 **Warm Jacket/Hoody**

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- 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 **Stocking cap/beanie.** *Available for purchase.*
- 1 **Waterproof raingear.** *Rain Jackets Available to rent-- very limited sizes.*

FOOTWEAR

- 1 **Camp /Activity shoes.** (for helping in the camp kitchen, hikes and other tasks) Lightweight running shoes or old sneakers will work well. Open-toed shoes will not be accepted as camp/activity shoes.
- 1 **Camp/Beach shoes.** Sandals, Crocs, Ugg type boots are popular.
- 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. *Available for purchase.*

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 **Cup, bowl, and spoon.** Non-breakable, durable plastic cup and bowl that will keep food and drinks warm. *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 **Spare headlamp/flashlight bulb & extra batteries.** The fewer and smaller the batteries of your headlamp/flashlight, the less battery life you will have. If in doubt bring a couple extra sets of batteries.
- 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.*
- 1 **Whistle.** Lightweight, on a lanyard to go around your neck. *Available for purchase.*

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- Nylon cord.** Parachute type cord for strapping equipment, building your tarp sunshade, etc. (1/8"X50'). *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.
- \$80 to \$120 cash.** This is for traveling money, meals on the road, 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.**
- 1 **Camp chair.** Lightweight, portable Crazy-Creek® or other type of chair. *Available for purchase.*
- 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.
- Duct tape.** Just wrap a fair amount around your water bottle.
- 1 **Sarong, dress, or skirt.** A nice touch for town or beach. Sarong can double as a towel.
- 1 **Pocket knife.** Small and lightweight. Leatherman multi-tool will work fine. *Available for purchase.*
- 1 **Snorkel, mask, and fins.** *Available to rent.*

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. While we won't be rolling around in the mud, expect to get a little dirty, as we have fun playing games, participate in our Challenge/High Ropes Course, packing gear, loading trailers.; Showers will not be available this night. The nights we spend at UCSD we will sleep outside on the grass. For the rest of the trip, you will be in the field using and wearing the equipment listed above.

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Upon your return to UCSD on the evening of Day 8, you will clean your gear (personal, group, etc.) and will (finally) have a chance to take a much deserved shower! **Please pack your shower needs in a separate bag labeled with your name. Make sure you include shampoo, soap, towel, Q-tips, deodorant, shaving materials, a clean set of clothes and other necessary shower supplies.**

Although you enjoyed a glorious shower this night, WO isn't over just yet! On our final morning, we'll close the trip with a wonderful Pancake breakfast as we celebrate our successes and swap adventure stories. Don't forget to pack a clean set of clothes for this day.

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!!

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