



- 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](mailto: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.

## 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, crocs 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.*
- 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.*

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](mailto:wo@ucsd.edu)

- 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!!