

GENERAL EQUIPMENT

- 1 **Sleeping bag.** A 20 degree rated bag is ideal. *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 **Surfboard (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. Full length 3mm/2mm thickness is recommended unless you stay very warm in the water.
- 1 **Ground cloth.** A lightweight plastic or nylon tarp that goes between the ground and your sleeping pad that should be approximately 5'X7'. These will be used during solo. *Available for purchase.*
- 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.
- 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.**
- 1 **Waterproof raingear.** *Available to rent.*
- 1 **Post trip clothes.** To change into after the final night shower.

FOOTWEAR

- 1 **Camp shoes.** Lightweight running shoes or old sneakers will work well. Used to wear around camp; open-toed shoes will not be accepted as camp shoes. If you choose to bring flip flops, also bring a pair of closed toed shoes.
- 2 **Socks.** At least one warm pair
- 1 **Water shoes.** Neoprene surf booties. These are absolutely required as the beaches we surf at all have certain areas that can potentially cut feet.

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

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 or to rent.*
- 1 **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 **Cup, bowl, and spoon.** Non-breakable, durable plastic cup and bowl that will keep food and drinks warm. *Available for purchase.*
- 1 **Towel.** A beach towel is fine.
- 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.
- 1 **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.
- Surfing Earplugs.** Required only if you are prone to ear infections. Serious ear infections that arise throughout the trip can only be handled by evacuating and will result in a shortened trip. Good brands include Blocksurf "Doc proplugs" or Surfears
- 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.

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- Wax and ding repair kit.** If you are bringing your own fiberglass board, be sure to bring the necessary supplies to fix minor damages.
- 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 **Shower Kit** Soap and shampoo for one shower, on the last day. (This will remain in San Diego and is separate from the toiletry kit)
- Stoke** You can bring your own but it will also be available in large amounts on the trip.

OPTIONAL

- 1 **Camera**
- 1 **Sarong, dress, or skirt.** A nice touch for town or beach. Sarong can double as a towel.
- 1 **Sunglasses retainer strap.** Chums®, Croakies®, or other such retainer to help prevent lost sunglasses. *Available for purchase.*
- 1 **Camp Chair** (Crazy creek)
- Duct tape.** Just wrap a fair amount around your water bottle.

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, packing gear, loading trailers, and participating in our Challenge/High Ropes Course. Showers will not be available this night. The nights we spend at UCSD we will sleep outside on the grass. Day 2 through 8, you will be in the field using and wearing the equipment listed above.

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.**