



OUTBACK ADVENTURES

Wilderness Orientation | Pre-Op Outdoor Experience | Packing List

Welcome to your Outback Adventures School of Medicine Pre-Op Outdoor Experience trip! Below is a list of things you should bring on the trip. If you have any questions about what you need, we will be happy to answer them by email, over the phone, or for less time sensitive information, in person at the start of your course.

GENERAL INFORMATION

- We will travel to the nearby mountains east of San Diego for our School of Medicine (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 and 80's), cooler temperatures at night (50's 60's), and even the occasional thunderstorm. Bringing the proper clothing on your trip is crucial.
- 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 as long as it is not a critical warmth layer. Examples of acceptable cotton use are: cotton t-shirt and shorts to paddle in and underwear. Especially in the hot desert of the lower Colorado River region, lightweight, light-colored fabrics are ideal. Many of the new synthetics, pile, polar fleece, polypropylene, and Capilene®, like wool, insulate when wet, but weigh less, dry more quickly and are often more comfortable next to the skin.
- 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.

RENTAL INFORMATION

Many items can be rented or purchased at the Outback Rental Shop. A gear rental request section will be included in the Wilderness Orientation online forms through the CampDoc portal that you will receive after registration. Rental gear listed as provided below by Outback Adventures must be reserved on your CampDoc forms to ensure availability.

- 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. Our time on campus is limited and we will NOT have time to shop elsewhere for equipment. Items that are available for rental or purchase at Outback Adventures will be labeled in *italics* below.

TRIP POLICIES:

- All participants must sign a liability waiver to participate. Current emergency contact must be provided and must not be another participant on the trip.
- Drugs, alcohol, tobacco, and firearms are not permitted. Presence of these items is grounds for immediate removal from the trip at your expense.
- Our trips are technology-free environments. We ask that you keep phones away and out of sight. If you would like to take pictures, please consider bringing a camera.
- Our mission is to provide group adventures whenever possible, and an inherent part of outdoor adventures is to expect the unexpected. On occasion, we may alter a trip due to unforeseen circumstances instead of canceling it outright. This means your experience may not be exactly as outlined in the trip itinerary. We will always do our best to provide you with a safe and fun experience, and we reserve the right to alter our plans as necessary to fulfill this goal. In the event that your trip does not run exactly as planned, we do not offer any refunds.

PACKING LIST:

OUTBACK WILL PROVIDE:

- Trained Outback Adventures Guides
- Group Camping Gear: tents, tarps, sanitation equipment, cooking gear, etc
- Roundtrip transportation from Outback Adventures
- All necessary permits, including park entrance and campground fees
- Meals in the field
 - Meals in the field include breakfast, lunch, and dinner.

YOU SHOULD BRING:

Please be aware that all of these items will get very dirty! Remember - all items not marked optional on this list are *mandatory*!

We have a limited amount of loaner gear available to students who have difficulty acquiring the necessary clothing for the trip. If you need assistance please feel free to email wo@ucsd.edu to see if we have any loaner gear available in your size.

GENERAL EQUIPMENT

- Sleeping bag or Blanket**(1)
 - A 20 degree rated bag is ideal.
 - Available to rent in advance.*

□ **Sleeping pad** (1)

This can be made of foam (Ridge-Rest or Z-Rest) or inflatable (Therma-Rest®).
Available to rent in advance.

□ **1 Day pack** (1)

Any normal backpack/book bag will work; used to hold your personal gear during short hikes from the campground.

□ **1 Duffle bag** (1)

Should be large enough to pack all of your personal equipment inside.

CLOTHING

□ **Sports bras** (1-2)

Synthetic or synthetic blend materials are best.

□ **Underwear** (1-2)

Silk, nylon, or synthetic blends are best.

□ **Short-sleeve t-shirts** (1-2)

Lightweight synthetic or synthetic blend is best, but cotton will work.

□ **Long-sleeve t-shirts** (1-2)

Lightweight cotton t-shirt for sun protection. An old light-colored, collared button-up dress shirt works particularly well.

□ **Lightweight nylon shorts** (1)

Running, swim trunks, or soccer shorts work well.

□ **1 Long 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.

OUTERWEAR

□ **Warm jacket/fleece** (1-2)

Nights can be cold at the campsite.

□ **Warm Hat** (1)

A synthetic fleece or wool hat such as a Beanie works well. Ensure that your hat covers your ears. *Available for purchase.*

□ **Waterproof rain jacket**

Gore-tex® and other breathable waterproof fabrics are ideal.
Limited sizing available to rent.

FOOTWEAR

□ **Close-toed shoes** (1 pair)

Something comfortable for wearing around camp and during activities.
Hiking boots/shoes can be used for this but sneakers also work.

- **Socks** (2 pairs)
Available for purchase
- **Shoes for Hiking**
We are only going on short day hikes, a pair of hiking boots or comfortable and supportive sneakers.

ACCESSORIES

- **Sun hat** (1)
Wide-brimmed hats provide the best all around sun protection. A visor or baseball cap will work well.
- **Bandanas** (1)
Bandanas are versatile and can be used for a variety of purposes such as: sun protection, to hold hair back, a pot holder, etc.
Available for purchase.
- **Water Bottles** (2)
32oz size, durable water bottles must seal completely. Nalgene or a similar style bottles work best. Please avoid heavier options like Hydroflasks. Bladders are acceptable, but if you bring a bladder, please bring at least one hard water bottle in case the bladder rips.
Available for purchase
- **Cup, bowl, and spoon** (1 set)
A non-breakable, durable plastic cup, bowl, and spoon you will use for meals.
Available for purchase.
- **Headlamp or Flashlight** (1)
Headlamps work best as they are hands free, but a lightweight, small and durable flashlight (Mini Mag-lite®) will work also.
Available for purchase.
- **Sunglasses.** (1 pair)
Available for purchase.

PERSONAL ITEMS

- **Sunscreen** (1)
Ample supply of waterproof sunscreen, SPF 30 or greater. Reef-safe recommended.

Available for purchase.

- **Lip balm with sunscreen (1)**
Small tube with SPF 15 or greater.
Available for purchase
- **Menstrual supplies**
Bring an ample supply, even if it won't be your normal time of the month.
Menstrual cups, tampons, and/or pads are all okay to use in the backcountry.
For more information please review:
<https://www.outsideonline.com/2395159/how-hike-camp-your-period>
- **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 the doctor's name displayed.
- **Toiletry kit (1 kit)**
Small toothbrush, small tube of toothpaste, small comb. Dr. Bronners natural toothpaste is recommended as it abides by Leave No Trace principles.

OPTIONAL

- **Camera (1)**
Small and durable.
- **Personal Snacks.**
Small amount.
- **Bug repellent**
Any kind will do. *Available for purchase.*
- **Camp chair. (1)**
Lightweight, portable Crazy-Creek® or other type of chair.
Available for rent.
- **Journal and pen. (1 set)**
A pen and small notebook or pad of paper will work great. Put them in a plastic bag to keep them dry.
- **Fleece or wool gloves or mittens (1 pair)**
Fleece or wool fabrics work best.
Available for purchase.