

GENERAL EQUIPMENT

- 1 **Sleeping bag/blanket/duvet & pillow** should be minimally rated to 40 degrees. *Available to rent.*

BASE LAYERS

- 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 .** 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.

OUTERWEAR

- 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 or light hiking boots and a pair of flipflops, crocs etc will work well.
- 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.*
- 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.*

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

PERSONAL ITEMS

- 1 **Toiletry kit.** Small toothbrush, small tube toothpaste, small comb, shampoo, soap, deodorant.
- 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.
- 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.

OPTIONAL

- 1 **Camera**
- 1 **Sarong, dress, or skirt.** A nice touch for town or beach. Sarong can double as a towel.

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. The nights we spend at UCSD we will sleep outside on the grass, for nights at Catalina, we will be staying on cots/beds.

Upon your return to UCSD on the evening of Day 4, you will clean any group gear and camp at Outback Adventures. On our final morning, we'll close the trip with a wonderful Pancake breakfast as we celebrate our successes and swap adventure stories. 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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