



OUTBACK ADVENTURES

San Diego: Coast to Summit Packing List

Welcome to your Outback Adventures San Diego: Coast to Summit trip! Below is a list of things you should bring on the trip. If you have any questions about what you need, your guides will be happy to answer them by email or over the phone.

Trip Policies:

- Rental gear listed as provided below by Outback Adventures must be reserved on your Formsite forms.
- 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.

Packing List:

OUTBACK WILL PROVIDE:

- Outback Adventures Guides
- Group Camping Gear: tents, tarps, sanitation equipment, cooking gear, etc
- Transportation from Outback Adventures
- All necessary permits, entrance and camping fees
- Meals

YOU SHOULD BRING: Please be aware that all of these items will get very dusty! Remember - all items not marked optional on this list are *mandatory* - not optional!

- | | |
|---|--|
| <input type="checkbox"/> Long underwear tops & bottoms* | <input type="checkbox"/> Bandana* (optional for dust protection) |
| <input type="checkbox"/> Warm Coat | <input type="checkbox"/> Warm Hat* & Gloves/Mittens* |
| <input type="checkbox"/> Warm Pants | <input type="checkbox"/> Socks*/Underwear |
| <input type="checkbox"/> Sweater/Fleece/Jacket | <input type="checkbox"/> T-shirts |
| <input type="checkbox"/> Raingear (jacket & pants)*
(depending on weather) | <input type="checkbox"/> Long-sleeved Shirt |
| <input type="checkbox"/> Boots or Sturdy Shoes | <input type="checkbox"/> Long Pants |
| <input type="checkbox"/> Sandals with a heel strap | <input type="checkbox"/> Shorts |

- Sleeping Bag (0 degree)* & Sleeping Pad*
- Swimsuit & towel
- Sunglasses*
- Whistle (optional)
- Sun Hat
- Headlamp or Flashlight and Extra Batteries*
- Any prescription medications
- Toiletries
- Sunscreen/Lip Balm (SPF 30 or higher)*
- Water bottle (at least 32 oz)*
- Personal Bowl*, Cup*, & Spoon*
- Journal and pen
- Day backpack
- Money for road meals or souvenirs

*Items can be purchased or rented at Outback Adventures. Rentals for participants on this trip are free. Questions? Call: 858-534-0684.