



OUTBACK ADVENTURES

WO Pre-Op Outdoor Experience Packing List

Welcome to your Outback Adventures 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, your guides will be happy to answer them by email or in person at your pre-trip meeting.

GENERAL INFORMATION

- We will travel to the nearby mountains east of San Diego for our 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.
- 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 you will receive after registration. Be sure to submit your rental request form in a timely manner to ensure availability.

- **DO NOT wait until the day you arrive at UCSD to secure the necessary equipment!** 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 for equipment. Items that are available for rental or purchase at Outback Adventures will be labeled in *italics* below.

Equipment Check: Before you leave for your trip, your guides will check your equipment and ask you to leave behind any items that are not suitable for the trip. If a piece of equipment is deemed unsafe or likely to fall apart in the field, we will require that you replace it by rental or purchase. This policy enables us to ensure the entire group has a safer, hassle-free experience.

Trip Policies:

- Rental gear listed as provided below by Outback Adventures must be reserved in advance.
- 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
- Roundtrip transportation from Outback Adventures
- All necessary permits, entrance and camping fees
- Meals in the field

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* - not optional!

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 **Day pack.** Any normal backpack/book bag will work; used to hold your personal gear during short hikes from the campground.
- ☐ 1 **Duffle bag.** Should be large enough to pack all of your personal equipment inside.

CLOTHING

- ☐ 1-2 **Sports bras.** Polypropylene or synthetic is best.
- ☐ 2-3 **Underwear.** Silk, nylon, or polypropylene is best.
- ☐ 1-2 **Short-sleeve t-shirts.**
- ☐ 1-2 **Long-sleeve t-shirt.** Lightweight cotton t-shirt for sun protection.
- ☐ 1 **Shorts .** Running, swim trunks, or soccer shorts work well. Make sure you'll be comfortable climbing in them at the challenge course (hint: longer shorts work best).

- 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

- 1-2 **Warm jacket/fleece**. Nights can be cold at the campsite.
- 1 **Stocking cap/beanie**. *Available for purchase*
- 1 **Waterproof raingear**. *Available to rent*.

FOOTWEAR

- 1 **Close-toed shoes**. Something comfortable for wearing around camp and during activities. Hiking boots/shoes can be used for this.
- 2 **Socks**. *Available for purchase*
- 1 **Hiking boots/shoes**. We are only going on short day hikes, a pair of comfortable hiking boots, running or trail shoes.

ACCESSORIES

- 1 **Sun hat**. A visor, baseball cap, or nylon hat is lightweight and works well.
- 1 **Bandanas**. Used for a number of purposes: sun protection, hold hair back, a pot holder, etc. *Available for purchase*.
- 1 **Water Bottle**. 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 also bring at least one hard water bottle in case the bladder rips. *Bottles available for purchase*.
- 1 **Cup, bowl, and spoon**. Non-breakable, durable plastic cup and bowl you will use for meals. *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 **Sunglasses**. 100% UV protection. *Available for purchase*.

PERSONAL ITEMS

- 1 **Toiletry kit**. Small toothbrush, small tube toothpaste, small comb.
- 1 **Sunscreen**. Small bottle of sunscreen, SPF 30 or greater. *Available for purchase*.
- 1 **Lip balm with sunscreen**. Small tube with SPF 15 or greater. *Available for purchase*.
- **Feminine supplies**. Bring an ample supply, even if it won't be your normal time of the month.
- 1 **Prescription eyewear**. Contacts are okay as long as you have a pair of glasses as a backup. Remember to bring plenty of cleaning supplies.
- 1 **Prescription medicine**. Needs to be in its original prescription bottle with the doctor's name displayed.
- 1 **\$20 to \$50 cash**. This is for our stop in Julian, renting gear as needed, and paying for lost or damaged group equipment.

OPTIONAL

- 1 **Camera**
- 1 **Personal Snacks.** Small amount.
- 1 **Bug Repellent.** Mosquitoes unlikely but possible. Any kind will do.
- 1 **Camp Chair.** Lightweight and portable.
- 1 **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 **Lightweight fleece or wool gloves or mittens.** Only if you tend to get cold.
- 1 **Sunglasses retainer strap.** Chums®, Croakies®, or other such retainers to help prevent lost sunglasses. *Available for purchase.*

*Items can be purchased or rented at Outback Adventures. Questions? Call:
858-534-0684.