The eastern edge of the Sierra Nevada mountain range is rugged, steep, and beautifully remote. This sliver of wilderness is home to some of the most iconic mountain peaks in the world and hundreds of hidden alpine lakes. This small group of new Bruins will explore glistening lakes, rushing creeks, glacial valleys, and starry skies in a way that only a backpacking trip can offer. Connect with new friends and get excited for college while taking in the scent of fresh mountain air and the sounds of bubbling streams and wildlife. Many experience backpacking to be the most intimate, remote, and rewarding way to both enjoy the outdoors and genuinely connect with newfound friends. This experience, however, comes at the hard-earned cost of carrying all of our stuff in a big backpack, and often hiking uphill and at elevation, which can be challenging, even for physically fit individuals. The challenge, however, like all the best things in life, is also a part of the reward.
**Rough Itinerary**

**Day 1**
Meet at 10:00 AM at the Outdoor Adventure Center to depart for your trip. At this time you will pick up your OA-provided backpack, ground pad, and sleeping bag. We'll do some group introductions, load up the vans, and then hit the road. Our drive to the Eastern Sierra is, on average, 5 hours. Bring along cash/card to purchase lunch at a roadside stop. We will arrive at the campground in the late afternoon, where we will set up tents, get oriented to our campsite, and make a delicious dinner together.

*Meals included: dinner
Bring cash/card for lunch purchase on the drive*

**Day 2 and 3**
On day 2 we will commence our backpacking trip! This trip will be hiking the Bishop Pass South Lake trail, in Inyo National Forest. The Guide Team will teach the group about how to pack their backpacks, trail etiquette, water purification, and more backpacking basics. We'll trek anywhere from 3-7 miles into the wilderness, taking most of the day. We'll find a good place to set up camp for the evening and settle in, enjoying the peace and adventure of our remote wilderness location. On day 3, we will hike some more, further exploring our surroundings. The exact details, including the mileage and camping locations will be planned by the Guide Team, may differ from trip to trip, and are pending group size, abilities, weather, etc. It is sure to be fantastic and beautiful, regardless!

*Meals included: breakfast, lunch, dinner, snacks*

**Day 4**
In the morning we will make breakfast and pack up camp. Then, we will backpack out of the wilderness and hit the road to return to campus. Return time to UCLA will vary from 4:00pm to as late as 10:00pm (or even later), depending on traffic and other variables that may or may not be within our control. Make plans to be flexible in allowing for a potentially late return time.

*Meals included: breakfast, lunch, snacks*

*This itinerary is approximate and subject to change. It is meant to provide a rough idea of what to expect or plan for, such as meals, activities, and departure/return times. Exact details are planned by the Guide Team in the weeks leading up to the trip and are contingent on conditions. Changes may be made to this itinerary at any time, as appropriate in adapting to weather conditions, goals, group abilities, traffic, and any other factors that may or may not be within our control. Flexibility and unpredictability are part of the adventure of outdoor trips!*

**Trip Type, Facilities, and Level of Difficulty**

This is a backpacking trip, which means that we will carry all of our food, equipment, clothes, etc. in big backpacks. Each person will carry their personal gear and a portion of the shared group gear (tent, food, stoves, water treatment supplies, etc.). Packs will generally range from 30-50 pounds in weight, depending on trip length and weather conditions. Look forward to being deep in the wilderness; there will be very few other humans, potential wildlife sightings, no cell phone reception, and no showers or bathrooms. Our Guides will teach you how to use the bathroom and take care of personal hygiene in the wilderness.

This level of difficulty of this trip is challenging. We’re definitely going to be moving! Participants should be accustomed to physical activity and should be able to hike some distance while carrying heavy weight in their backpack. Additionally, we will be hiking at elevations up to over 10,000 feet, which means that the air will be “thinner,” and most people will be more short of breath than they are used to. All participants should be prepared with the perseverance to push themselves through a physical challenge. We are all in it together as a group, so we will take breaks, encourage each other, and look out for one another's needs. Like all OA trips, this is a shared group adventure, and as such we will hike at a pace that everyone can enjoy.
The OA Way

Outdoor Adventures prioritizes safety and responsible stewardship of the environment and our natural resources. All UCLA OA trips are designed to be cooperative, educational, inclusive, and safely adventurous. Participants can look forward to getting involved and learning about all aspects of outdoor recreation, such as setting up tents, cooking meals, natural history, and wilderness ethics. Everyone will work together, learn together, and look out for each other’s needs throughout the trip. If you are looking for some outdoor-minded community and to learn valuable skills, then OA trips are for you!

Weather

The mountains have predictably severe and sudden weather, so rain, snow, wind, and storms are always a possibility. Note that the elevation will be between 4,000-10,000+ feet, meaning you should be prepared for colder weather, even during the summer seasons. Days might exceed 85 degrees Fahrenheit, while nights might get below freezing. Be sure to read through the What-to-Bring List carefully, and bring multiple layers of warm clothing on your trip, including a rain jacket.
When and where to meet
All groups will meet at 10:00 AM at the Outdoor Adventure Center, located in the northwest corner of the John Wooden Center. It is highly recommended that students be dropped off by someone, as this is easiest. Visitor parking is available at an hourly rate in the nearby Parking Lot 4.

Overnight parking is possible, too, during the trip. You will need to purchase a multi-day pass from the parking kiosk located at 555 Westwood Plaza, Los Angeles 90095. Parking Lot 4 is the lot we recommend you park in. Currently, the daily rate is $12.

Airport transfers
Shuttle busses directly to/from campus and LAX are offered by Fly Away. There are no shuttles servicing campus and other LA airports, such as Burbank or Long Beach.

Coordinating your trip with Orientation
If you are attending and Orientation session just prior to or after your trip, you may arrange to stay in the Orientation dorms an extra night. These arrangements can only be made directly with Orientation (not through Outdoor Adventures).

Additional overnight options
Should you need further lodging arrangements, for whatever reason, we recommend you book a room at the following on-campus hotels: The Luskin Conference Center (1 minute walk from OA Center) or the UCLA Guest House (5-10 minute walk to OA Center). There are no options to book a stay in the dorms, other than coordinating with Orientation.
Returning to campus
All trips aim to return to campus between 4:00 PM - 6:00 PM, however returns have potential be as late at 10:00 PM (or even later). There are many factors outside of our control that can influence our return time, such as weather, traffic, group hiking speed, unpredictable emergencies, etc. We recommend that students plan to be picked up, and that the person picking them up is able to be flexible. Or students can purchase multi-day parking passes, as described above. While there will not be cell phone reception during the trip, there will be cell reception once the group is on the road a few hours away from campus. Alternatively, students can make arrangements to stay on campus that night.

Medical and Personal Information Forms
All participants must submit a medical and personal information form, which is due 10 business days prior to trip departure. It is essential that this form be filled out thoroughly and accurately. We here at OA will do our best to accommodate health and personal needs. Failure to complete this form by the deadline will risk the participant losing their spot on the trip, at no refund. OA cannot guarantee to accommodate medical or personal needs that are indicated after this deadline. The link to this form can be found on the Bruin Outdoor Orientation Trip website, and will also be sent out via email well in advance of the trip.
Frequently Asked Questions

I’ve never been camping or backpacking before. Is this the right trip for me?
Yes! Our trips are tailored to beginners. The OA Guides are excited to teach everyone about backpacking. Experienced backpackers are welcome, too! OA trips are full of camaraderie and are focused on a shared, group experience. We will take care of each other and hike at a pace that is comfortable for everyone.

Can I store extra luggage somewhere while I am on my trip?
OA does not have a secured storage facility. Students are invited to leave belongings in our side office. OA, however, cannot guarantee the security of this space. While we have not had problems with theft previously, you should understand that the space is not supervised and that many people have access to it. There is usually someone in the office during the day, and the space is locked at night.

Does my trip have to line up with my Orientation session?
Nope. You may attend any trip regardless of if/when you plan to attend Orientation.

How can my family contact me while I am on my trip?
There is no cell reception in the wilderness. This is part of its beauty. Plan to be unreachable by cell phone for the entirety of your trip, with the exception of the few hours’ drive outside of campus.

What will we eat on the trip?
The Guides plan a backpacking menu that is tailored to the dietary restrictions that you supply on your medical form (so fill it out accurately, please!). Backpacking meals usually include things like oatmeal for breakfast, sandwiches for lunch, and dinners such as pasta, ramen, couscous, curry, soups/stews, mashed potatoes, and more. There will also be trail mix and energy bars.

Can I bring my own snacks?
If you have specific snack items that you are picky about, then yes, bring them. And please let your Guide Team know. All food items must fit inside your bear can, which means that any extra snacks you bring should be small and dense, so as not to take up much space in your bear can, which will already be full with other food items.

What will the sleeping arrangements be?
OA provides 4-person tents. We do not make tent assignments. Rather, we prefer to work with the group to address any needs or concerns people have about with whom they share a tent. OA respects all gender identities and sexual orientations. Our trips are for adults. All people are expected to behave respectfully to their tent mates.
Inherent Risk & Safety

Outdoor recreation is inherently risky! Backpacking and camping have inherent risks that include injury, illness, and death. Regardless of safe practices, it is possible for emergencies and accidents to occur.

Safety is the number one priority on all OA trips. We have an excellent safety record. Our Guides are trained in risk management, safety practices, and emergency response.

All trip members are responsible for participating safely. You should be ready to follow the instructions of the Guides throughout the entire trip, follow the UCLA Code of Conduct, and behave humbly and conservatively in general.

In the unlikely, but possible, event of an emergency, all trip participants should be prepared to assist in emergency response by following the instructions of the Guide Team.

Participants must stay with the group the entire time.

Trip destinations are to remote wilderness locations. Medical care, such as hospitals or rescue teams, can be hours, or even days, away.

OA trips are strictly alcohol, smoke, tobacco, and illegal substance free.
What to Bring

Participants are responsible for bringing adequate, appropriate personal gear for their trip. This is vital to individual and group health/safety. Read through this list carefully and ensure that you are fully prepared.

Participants with insufficient/improper personal gear will not be permitted to join the trip, and at no refund if the deadline for refunds has passed.

Common critical gear problems:
- Hiking boots/shoes must be sufficiently sturdy and protective
- Adequate warm clothing layers
- You must have a rain jacket or poncho
- Don’t skimp on the sun protection

Items marked with the red lightning bolt are absolutely mandatory. Other items are recommended for comfort.

Appropriate backpacks, sleeping bags, and ground pads are provided on Bruin Outdoor Orientation Trips. If you prefer to bring and use your own, you may, but it must meet the requirements described below.

Equipment

**Backpack** – A sturdy internal or external frame. At least 4,000 cubic inches, or 55-75 liters. You will not only carry personal gear, but group gear as well (food, water filter, tent, etc.)

**Sleeping bag and ground pad** – Mummy style sleeping bag, warmth rated to 20 F° or colder. Ground pads are absolutely mandatory! If you don’t know what this is, and/or don’t have one, don’t worry, we’ll give you one. A yoga mat is not a substitute!
Hiking boots – A sturdy boot for hiking is completely mandatory! If you do not already own a pair, you can purchase inexpensive ($30-$50) at most sporting goods stores (Big 5, Sports Authority). If you buy a new pair of boots, make sure to break them in before your trip. Boots should have ankle support and it is highly recommended that they be waterproof. Avoid shoes with mesh exterior. Expect to walk through mud and puddles – your shoes will get wet and dirty!

Camp shoes - A light-weight shoe or supportive sandal that you can wear around camp and to rest your feet from your boots. An old pair of tennis shoes or sneakers works great. Avoid flip-flips, as they provide minimal support.

Two large water bottles – You must be able to carry at least 2 liters of water at a time. Nice reusable bottles are made by companies like Nalgene or Klean Kanteen. Water bladders are an option, too, but also bring at least one water bottle.

Eating utensils + bowl and mug Bowl, spoon/fork, mug. Remember to think light and durable. A small Tupperware-style container works well as a bowl.

Flashlight and/or Headlamp – Bring extra batteries just in case. Do not rely on your cell phone for a flashlight.

Pack cover – To keep your backpack dry if we hike in the rain. If you don’t have a pack cover, we can lend you a contractor bag as a substitute.

Sunhat, sunglasses, sunblock, lip-balm with SPF

Gloves – Must be synthetic and durable to keep hands warm in cold, wet weather.
Clothing

Synthetics or wool are best. Stay away from cotton, if possible.

When cotton gets wet it is slow to dry and does not insulate our body heat. For clothing, synthetic materials or wool are highly recommended because they dry quickly and keep you warm even when you are wet. Fleece is great. Clothes should be comfortable for active pursuits, like hiking.

Bring all the clothing listed below and MORE. If you are unsure about whether or not to bring something, bring it. We can always leave it in the van. Remember, the temperature will drop at night, so be prepared for cold.

**Base layers / Long underwear** – These layers are worn against the skin. They should be stretchy, warm, and comfortable. You will need a pair of tops and bottoms made of a synthetic material, such as polypropylene or wool.

**Underwear** – Recommended 1 pair/day

**T-shirt** – Remember to wear wool or synthetic materials (rather than cotton). Sleeves can offer good sun protection. If you only have cotton, then bring extra shirts. Recommendation: bring one shirt for hiking, one for sleeping, and a clean one to leave in the van for the ride home.

**Socks** – At least 2 pairs of socks for hiking, made of synthetic or wool materials (no cotton). Recommendation: a separate pair of socks designated only for sleeping.

**Insulating layers** – These layers are for warmth. Several light layers are more versatile than one heavy jacket. Bring at least two sweaters or jackets. Wool, fleece, and/or “puffy” style jacket is ideal. Two or more synthetic sweatshirts can work, too.

**Hiking pants/shorts** – These layers should be good for hiking

**Evening pants layers** – Comfortable layer-able pants for night time and hanging out at camp. Recommendation: Fleece or sweat pants on top of a base layer pants

**Beanie / warm hat / scarf** – Something warm in wool or fleece to keep your head warm when it’s cold, especially at night.
WaterPROOF rain jacket or poncho with hood – Be sure it is actually waterproof and not just “resistant.” Inexpensive ponchos can be purchased at most sporting goods stores, and sometimes Target or Walmart.

Rain pants – Rain pants are great for rain as well as for extra warmth in cold, windy weather.

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**Additional Items**

**Personal medications** – Please notify the guides of any personal medications you carry. If you anticipate needing ibuprofen, aspirin, or acetaminophen, etc., we recommend you bring your personal supply with you. We have limited emergency supplies in our first aid kits. Please note that we are not permitted to allow minors to use these medications.

**Personal toiletries** – Keep these small (airplane size) and minimal. All items will need to fit inside bear canisters and space can be very limited, so bring only the essentials.

<table>
<thead>
<tr>
<th>Bring</th>
<th>Do NOT bring</th>
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<tbody>
<tr>
<td>Toothpaste</td>
<td>Shampoo or other hair products</td>
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<tr>
<td>Lip balm</td>
<td>Body lotion</td>
</tr>
<tr>
<td>Small sunscreen</td>
<td>Soaps</td>
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<tr>
<td>Required medications</td>
<td>Perfumes/colognes</td>
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**Camera** – If your camera is not waterproof, take extra precaution to keep it stored in a waterproof system (such as multiple zip-lock bags). Some people use their phones as cameras, but keep in mind that it will likely run out of battery quickly, and there are no outlets for charging phones in the wilderness.

**Large ziploc bags** – These can be used for waterproofing, storage, trash, etc. Bring a few, as they are light and multipurpose.

**Bandana** – Bandanas are great as hankies for blowing a runny nose, as washcloths, or for wetting down and putting on your head.

**Towel** – Synthetic (rather than cotton), small, and easy to pack

**Swimsuit**

**Journal, book, and pen**

**Bug spray, mosquito head-net**

**Money** – You will need cash/card for meals and snacks on the drive