We invite you to join us over the holiday weekend for an escape to one of Southern California’s best-kept secrets. Located a short three-hour drive away, this long-weekend adventure is an ideal way to maximize your time spent enjoying the great outdoors. Our group will cook hearty camp meals together, learn about responsible outdoor recreation, and hike around the beautiful Mt. San Jacinto area. If you’ve ever craved a quick local getaway, with the chance to smell the fresh mountain air, and glimpse the starry sky, this group adventure might be for you!
Approximate Itinerary*

Day 1
Meet at the Outdoor-Adventures Center at 9:00am. Our drive to Idyllwild is, on average, 3 hours. We will enjoy lunch in the fresh mountain air, set up tents and the camp kitchen together, and embark on a mild hike to explore the area. Afterwards, we will settle into camp, and the Guide Team will cook a hearty, delicious dinner. We will get to know each other around the campfire while appreciate the starry sky, and then turn in for bed.
*Meals included: lunch, dinner, snacks*

Day 2
The bulk of this day will be spent on several small hikes or one long all-day hike. We’ll visit some epic vistas, lush pine and cedar forests, and/or mountain meadows while learning about natural history and outdoor recreation ethics. The exact hikes will be planned by the Guide Team and may differ from trip to trip, depending on group size, abilities, weather, and interests.
*Meals included: breakfast, lunch, dinner, snacks*

Day 3
In the morning we will make breakfast and pack up camp. Then we will visit a few sights and/or explore a short hike. We will hit the road and exit the area just before midday. Return time to UCLA generally varies from 4:00pm to 10:00pm, 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
*Bring funds to purchase dinner on the drive*

*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 will be communicated at the Pre-Trip Meeting. 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. The Guide Team is prepared to make changes and decisions regarding the itinerary as needed. Flexibility and unpredictability are part of the adventure of outdoor trips!*
Moderate
Participants should be accustomed to physical activity and should be able to hike several miles a day while carrying a small amount of weight in daypacks. 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.

Trip Type and Facilities
This is a “car-camping” trip, which means that we will stay in one of the park campgrounds, with our vans parked next to us. There will be access to simple facilities, like bathrooms. If running water is available, it will be cold.

Trip Difficulty

Weather
The weather in the mountains is unpredictable and has the potential to be stormy, hot, and cold (e.g., below freezing). Prepare yourself for success by bringing enough warm layers, sun protection, and adequate footwear. When in doubt, pack more than you need; you are welcome to leave any layers or accessories in the van.

The OA Way
Outdoor Adventures prioritizes risk management and responsible stewardship of the environment and our natural resources. All UCLA OA trips are designed to be cooperative, educational, and inclusive. 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!
Participants are responsible for bringing adequate, appropriate personal gear for the trip. This is vital to the health and safety of everyone on the trip. Read through this list carefully and ensure that you are fully prepared.

If participants do not bring adequate personal gear, they will not be allowed on the trip and no refund will be available. If you have any concerns about bringing the proper items, please contact us so that we can address them.

- Backpacks, sleeping bags, ground pads, headlamps, and water bottles are available to borrow on the day of our departure free of charge.
- Additionally, we will be providing all necessary eating-ware, so please do not bring these items.
- It is critical that you bring durable shoes or boots for hiking (i.e., they should not be open-toed or unsupportive), ideally with ankle support.
- While we encourage you to bring your own clothing wherever possible, waterproof jackets, waterproof pants and broad-brimmed hats are available to borrow free of charge from us.

All items that are available to be borrowed free of charge from UCLA Outdoor Adventures have been marked with a bear.

**Duffel bag** – A sturdy bag that can hold all of your clothing and personal equipment. Expect to carry this bag a distance over uneven terrain to our campsite. Rolling suitcases are not recommended. Backpacking packs are not required, but they can be a good option if you have one.

**Day pack** – A backpack large enough to carry your water, sun protection, and warm layers on a day hike. You will also be expected to carry some group food and group gear items. A school bag can function well for this.

**Sleeping bag and ground pad** – Mummy style sleeping bag, warmth rated to 0°F or colder. Ground pads are absolutely mandatory! A yoga mat is not a substitute!
Hiking boots – A sturdy boot or shoe for hiking is critical. If you do not already own a pair, you can purchase inexpensive ones ($30-$50) at most sporting goods stores. If you buy a new pair of boots, make sure to break them in before your trip. Boots that are waterproof and have ankle support are highly recommended. 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. Sandals must have a heel strap. No flip flops.

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.

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

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

Sunhat, sunglasses, sunblock, lip-balm with SPF
Sunhats are available to borrow from us.

Water bottles – You must be able to carry at least 2 liters of water. Reusable, durable, and lightweight bottles are ideal and provided by the program. Water bladders are also acceptable, but you must have at least one water bottle regardless of the capacity of the water bladder.
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 they 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.

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

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### Additional Items

The following items are optional except for money. Pocket money will be necessary for snacks and meals on the road.

**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 with SPF</td>
<td>Body lotion</td>
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<tr>
<td>Small container of sunscreen</td>
<td>Soaps</td>
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<tr>
<td>Required medications</td>
<td>Perfumes or cologne</td>
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**Camera** – If your camera is not waterproof, take extra precaution to keep it stored in a waterproof gma 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, or pen**

**Insect repellant/mosquito head-net**

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