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
Morning
Meet at the Outdoor Adventure Center at 9:00am and depart by 9:30am.
Drive approximately 3 hours to Idyllwild.

Midday – afternoon
Enjoy lunch in the fresh mountain air.
Set up camp together, including tents and the camp kitchen.
Embark on a mild hike to explore the area.

Evening
Settle in to camp as the sun goes down.
Cook a hearty, delicious dinner together.
Get to know the group around the campfire, while appreciating the starry sky.
Turn in for bed.

Meals included: lunch, dinner, snacks
Bring snacks for food on the road

Day 2
Morning – afternoon
Rise early for an energizing breakfast.
Go on a Day Hike of the Mt. San Jacinto Area.
We’ll pack a lunch to enjoy and return to camp by sundown.

Evening
Cook and enjoy another outdoor dinner.
Learn more about wilderness activities and practices.
Turn in for our final night at the campsite.

Meals included: breakfast, lunch, dinner, snacks

Day 3
Morning
Rise early for breakfast.
Pack up camp, tents, etc.
Go on a final, short exploration of the area.

Afternoon
Drive back to UCLA, approximately 3 hours. We will eat lunch on the road.
This trip is likely to return rather late in the evening, as late as 9:00pm, or even later, conditions depending.

Meals included: breakfast, lunch, snacks
Bring cash/card for dinner purchase on the drive home

*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. Guide Teams are prepared to make changes and decisions regarding the itinerary as needed. Flexibility and unpredictability are part of the adventure of outdoor trips!
Trip difficulty rating

**Moderate**

We’re definitely going to get moving! Participants should be accustomed to physical activity and should be able to hike moderate distances while carrying a small amount of weight in their daypack. 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.

Weather

Mountain weather can be unpredictable and is often colder at night than people expect. While we hope for sunny, mild days, we should be prepared for the possibility of rain, wind, and cold temperatures. Idyllwild will generally experience nights around 30-50 degrees Fahrenheit, and days around 60-85 degrees Fahrenheit. Come prepared for the possibility of a cold night and a hot hike. Since precipitation may also occur, always come prepared with a rain jacket and rain pants.

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!
What to Bring

Rent your sleeping bag, ground pad, backpack, and/or headlamp from our Rental Center

Click here for more information and prices

Participants are responsible for bringing adequate 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 to withdraw has passed.

Common critical gear problems:
- Make sure your sleeping bag meets our warmth standards
- Ground pads are mandatory. A yoga mat is not a substitute!
- 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

We encourage you to bring your gear to the Pre-Trip Meeting for your Guides to review and advise. You may also contact us in advance with questions/concerns at oa@recreation.ucla.edu.

Equipment

Duffel bag or backpack – Something to hold all your gear for the van ride. A suitcase is acceptable, but it can be bulky.

Day pack – A backpack just big enough to carry your food, jacket, rain gear, and water on a day hike. A school backpack is appropriate.

Sleeping bag and ground pad – Mummy style sleeping bag, warmth rated to 20° F or colder. For winter trips in the mountains or desert, warmth rating should be 0° F. Ground pads are absolutely mandatory! If you don’t know what this is, and/or don’t have one, just rent one from us. 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-flops, 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.

<table>
<thead>
<tr>
<th>Clothing Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Base layers / Long underwear</td>
<td>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.</td>
</tr>
<tr>
<td>Underwear</td>
<td>Recommended 1 pair/day</td>
</tr>
<tr>
<td>T-shirt</td>
<td>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.</td>
</tr>
<tr>
<td>Socks</td>
<td>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.</td>
</tr>
<tr>
<td>Insulating layers</td>
<td>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.</td>
</tr>
<tr>
<td>Hiking pants/shorts</td>
<td>These layers should be good for hiking</td>
</tr>
<tr>
<td>Evening pants layers</td>
<td>Comfortable layer-able pants for night time and hanging out at camp. Recommendation: Fleece or sweat pants on top of a base layer pants</td>
</tr>
<tr>
<td>Beanie / warm hat / scarf</td>
<td>Something warm in wool or fleece to keep your head warm when it’s cold, especially at night.</td>
</tr>
</tbody>
</table>
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.

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>
</tr>
</thead>
<tbody>
<tr>
<td>- Toothpaste</td>
<td>- Shampoo or other hair products</td>
</tr>
<tr>
<td>- Lip balm</td>
<td>- Body lotion</td>
</tr>
<tr>
<td>- Small sunscreen</td>
<td>- Soaps</td>
</tr>
<tr>
<td>- Required medications</td>
<td>- Perfumes/colognes</td>
</tr>
</tbody>
</table>

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