Montana de Oro State Park means “mountains of gold,” referring to the incredible wildflower blooms that happen there each spring. Hike through flower-covered hills of Mediterranean scrub to stunning coastal vistas, looking out to the famous Morro Rock to the north. Watch for red-tailed hawks soaring overhead, the smooth red bark of a Manzanita bush, or the steady gaze of a black-tailed deer though the eucalyptus grove. Head down to the pebble-covered Spooner’s Cove, a short walk from the campsite, and explore the fascinating world of tide pools. Walk along the coastal cliffs to remote beaches, or relax in the warm sand of the dunes. Together, you and your fellow campers will explore the endless beauty this coastal getaway has to offer, while enjoying hearty camp meals, playing games and activities, and learning about the natural history of the area through seminars given by the Guide Team.
Approximate itinerary*

Day 1
Meet at the Outdoor Adventure Center to depart for your trip. The exact departure time will be
determined by the Guide team in the week leading up to the trip, and will be between 12:00pm-2:00pm.
Our drive to Montana de Oro is, on average 4-5 hours. Bring along your own dinner to eat in the van, or
money to purchase a meal at a roadside stop. We will arrive at the campground in the evening, where
we will set up tents and settle in for some sleep. Get excited for a full day tomorrow!
Meals included: none
Bring food or funds to purchase a meal on the drive

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, secret beaches, tide pools, and/or rolling coastal hills 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 coast around midday. 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
Bring cash/card for dinner purchase 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.
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 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, but there will not be
any showers, and running water will be cold.
Trip difficulty rating

Moderate
We will enjoy some moderate to challenging hikes. Most people will get sweaty, experience an increased heart rate, and be “out of breath” at some point. Hikes will range from 1-10 miles, and can include some uphill sections.

Weather
The weather on the central coast is much like the weather we experience on the coast here in Southern California. Days will likely be sunny, or with some coastal cloud cover, with temperatures between 65-85 degrees Fahrenheit. Nights will be cooler, between 50-65 degrees Fahrenheit. Bring a few layers so that you can adjust accordingly, and also be prepared for wind, as the coast is commonly windy.

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!
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.

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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>Base layers / Long underwear</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<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.

Bring:  
- Toothpaste  
- Lip balm  
- Small sunscreen  
- Required medications

Do NOT bring:  
- Shampoo or other hair products  
- Body lotion  
- Soaps  
- Perfumes/colognes

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