



Backpacking

Participant Trip Packet



BACKPACKING

Our backpacking trips are planned to be great for first time backpackers and experts alike. We go to some of California’s more gorgeous and pristine wilderness areas.

MEDICAL CONCERNS	To assist Outdoor Adventures staff in providing the most safe and inclusive experience possible, please alert us of any medical (including allergy) concerns that you may have by emailing oaland@ucdavis.edu .
ACCOMMODATIONS	Outdoor Adventures is committed to creating a space where people of all abilities can enjoy our programs. If you require any accommodations to allow you to enjoy our outdoor adventure experiences, please contact us at oaland@ucdavis.edu and we will try our best to help. Due to our trips being in wilderness locations, we may not be able to accommodate all participant needs.

SAMPLE 2 DAY TRIP ITINERARY

This itinerary is subject to change depending on group size, ability level, and weather.

DAY 1	
8:00am	Arrive at the Outdoor Adventures Lodge
	Opening Circle
	Leave OA
	Arrive trialhead
	Final Preparation and expectations, last minute instructions
	Hike and learn Backpacking skills
	Set Up Camp, downtime
	Dinner, campfire, games, sleep
DAY 2	
8:45am	Breakfast
10:00am	Pack up camp
6:00pm	Arrive back in Davis, CA

*while we aim to be back in Davis by 6pm, factors such as traffic, and multiple stops can delay our arrival time.

FOOD CONSIDERATIONS

Most meals are provided by Outdoor Adventures. We work hard to be able to accommodate all dietary needs, however, participants who have many dietary restrictions should bring supplemental food items. Speak with your guides during the pre-trip meeting if you have any concerns.



Meals provided on a 2 day trip:	Meals provided on a 3 day trip:
Day 1: Lunch, Dinner Day 2: Breakfast, Lunch	Day 1: Lunch, Dinner Day 2: Breakfast, Lunch, Dinner Day 3: Breakfast, Lunch
Meals NOT provided	Meals NOT provided
Day 1: Breakfast	Day 1: Breakfast
Day 2: Dinner (if necessary)	Day 3: Dinner (if necessary)

For meals which are not provided, participants are encouraged to bring cash, credit or debit card to be able to purchase food while on the road. Participants are encouraged to bring their own food for these meals, there will be no way to heat up meals

Outdoor Adventures is a participation based program. Participants will be expected to help cook meals and also clean group dishes.

PACKING LIST

CLOTHING

Feet

- Synthetic or wool socks (2-3 pairs)
- Hiking boots or athletic shoes
- Sandals for camp

Lower Body

- Hiking pants
- Light weight shorts (warmer months)
- Long underwear (synthetic or wool if weather permits)
- Rain pants (if weather necessitates)
- Underwear (2-3)

Upper Body

- T-shirt (2-3) (synthetic materials are best)
- Long underwear (synthetic or wool if weather permits)
- Mid weight fleece jacket
- Warm jacket (if weather necessitates)
- Beanie or fleece/wool hat
- Rain Jacket or Poncho (if weather necessitates)
- Sports bra/ Halter top
- Sun Hat
- Sun Glasses
- Gloves

MISCELLANEOUS

- Medications
- Sunscreen
- Prescription eyeglasses or contacts
- Zip-loc bags or shopping bags
** pack anything that has a scent in a single zip-lock or shopping bag**
- Toiletries (toothpaste, tooth brush, etc)
- Snacks
- Money: souvenirs & communal dinner cost

OPTIONAL

- Biodegradable soap
- Deck of cards

- Recreational book
- Journal

DO NOT BRING

- Cotton clothing (If possible. This includes jeans.)
- Text books
- Blow dryers or other electric hair care devices
- iPads or expensive electronics
- Drones
- Weapons including knives and hatchets
- Drugs or alcohol

OUTDOOR ADVENTURES PROVIDES

- ★ Sleeping bags, pads, backpacks and tents
- ★ Head lamps/ camp lighting
- ★ Camp kitchen
- ★ Bear canisters (if necessary)
- ★ Water Filtration Devices (if necessary)
- ★ First Aid Kit
- ★ Satellite Communication Device

CONDUCT

All Outdoor Adventures participants are expected to follow our rules of conduct while on a trip. Participants who do not follow these rules could be removed from the activity. Participants who are removed from a trip will not receive a refund.

1. Participants are expected to arrive at the meeting location (typically Outdoor Adventures Lodge) prepared and on time.
 - a. Participants who are more than 30 minutes late will be considered a “no show”.
2. Drugs and alcohol are strictly prohibited on Outdoor Adventures trips. This is a zero tolerance policy.
3. Participants must follow all instructions communicated by Outdoor Adventures guide staff.
4. Participants must treat guide staff and other participants with respect and refrain from using language that could cause emotional harm.
 - a. This includes speech which could be considered racist, sexist, homophobic, anti-semitic, or bullying.
5. Participants must stay with the group at all times, or tell their guides if they are going somewhere alone.
 - a. There are very few times when participants will be allowed to travel alone. This is a safety measure.
6. Participants are expected to act in the best interest of the group as a whole, never causing unnecessary risk to themselves or others.



BACKPACKING, HIKING and CAMPING

Informed Consent

Backpacking, hiking and camping have inherent risks which may cause injury. Below is a list of these risks, ways to avoid them, and possible treatment if injury does occur.

Risks	Prevention	Solution/Treatment
Strains, sprains, or broken bones	Be careful of where you step. The trail can be uneven, and rocky. Be sure of your footing with each step, especially on loose terrain or while going downhill. Move at a slower pace.	Inform guide staff of injury for assistance. Guide staff may provide 1st aid, or recommend evacuation if injury is more severe.
Blisters, hot spots, soreness	Wear properly fitted footwear and clean socks.	Inform guide staff of discomfort. Guide staff may provide 1st aid treatment.
Sore muscles	Stretch before and after activity.	Inform staff of discomfort for assistance.
Dehydration	Drink plenty of water. Bring multiple water bottles. Alert guide staff when water bottles are getting close to empty.	Rest and slowly drink water, preferably in the shade. Inform guide staff as soon as symptoms are present.
Sunburn	Bring plenty of sunblock on your trip and reapply regularly. Wear lightweight clothes and hats to reduce exposure to the sun.	Wear clothing that covers your arms and legs to prevent further burn. Apply aloe lotion or other topical treatment. Stay out of the sun for extended periods of time. Alert your guides.
Hypothermia	Bring sleeping bag and clothing appropriate for the time of year and weather. Wear layered clothing. Drink plenty of fluids, and eat plenty of food.	Inform guide staff of any discomfort caused by the cold.
Scrapes and cuts	Watch out for branches or thorny bushes while hiking. Wear clothing that covers your arms and legs. Take care when using kitchen tools, such as knives.	Inform guide staff of injury for assistance. Guide staff may provide 1st aid, or recommend evacuation if injury is more severe.
Bug bites	Wear clothing that covers your arms and legs. Consider using bug repellent. Examine resting areas for bug nests such as ant hills or spider webs.	Inform guide staff of bites that are causing discomfort. Guide staff may apply insect bite medication.
Allergic Reactions	Alert guides and participants of any allergies that you have.	Inform guides as soon as an allergic reaction begins to occur. If you use an EpiPen, make sure it is within reach at all times and that guides are aware.
Food Borne Illness	Wash your hands before preparing an eating meals. If a hand wash system is not available, use hand sanitizer. Ensure food is wrapped in plastic to avoid contamination from bear canister.	Inform your guides if you begin to feel any gastro-intestinal distress.
Death or serious injury	Listen to guide staff. Notify staff of any physical or emotional concerns. Follow safety instructions.	

