



# Point Reyes National Seashore

Participant Trip Packet



# POINT REYES DAY HIKES

This is a three to four hour day hike within Point Reyes National Seashore. The day of schedule for this trip is determined by the guides and is based on group preference, size and ability.

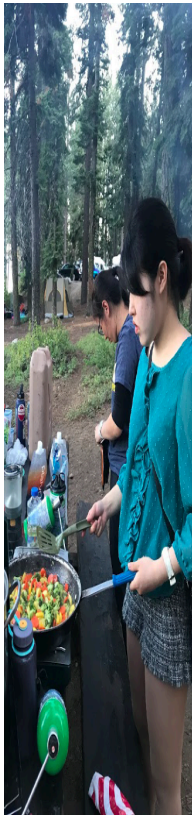
<b>AREA DESCRIPTION</b>	From its thunderous ocean breakers crashing against rocky headlands and expansive sand beaches to its open grasslands, brushy hillsides, and forested ridges, Point Reyes offers visitors over 1500 species of plants and animals to discover. Home to several cultures over thousands of years, the Seashore preserves a tapestry of stories and interactions of people.
<b>ONLINE RESOURCES</b>	<b>Point Reyes National Seashore:</b> <a href="https://www.nps.gov/pore/index.htm">https://www.nps.gov/pore/index.htm</a>
<b>DRIVING TIME</b>	<b>1 hours 31 minutes both ways</b>
<b>MEDICAL CONCERNS</b>	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 <a href="mailto:oaland@ucdavis.edu">oaland@ucdavis.edu</a> .
<b>ACCOMMODATIONS</b>	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 <a href="mailto:oaland@ucdavis.edu">oaland@ucdavis.edu</a> 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 TRIP ITINERARY

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

8:00am	Arrive at the Outdoor Adventures Lodge
	Opening Circle
	Leave OA
	Arrive at Point Reyes
	Prep participants, expectations, last minute instructions
	Lunch on trail
	Complete hike
6:00pm	Return to Davis

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



## FOOD CONSIDERATIONS

**Outdoor Adventures does NOT provide food on any of our day trips.** We recommend that participants bring a hearty lunch and plenty of snacks. Refrigeration is not available during the hike, so please plan accordingly. We also recommend that participants bring a small backpack to carry their lunch, snacks, water and other personal items. Outdoor Adventures has day packs available for rent at our Rental Center. If you plan to rent, please make sure to make your reservation before the day of your trip. The Rental Center is not open on the weekend.

# PACKING LIST

## CLOTHING

### Feet

- Synthetic or wool socks
- Hiking boots or athletic shoes

### Lower Body

- Hiking pants OR Light weight shorts (warmer months)

### Upper Body

- T-shirt (synthetic materials are best)
- Mid weight fleece jacket (if weather necessitates)
- Rain Jacket or Poncho (if weather necessitates)
- Sun Hat
- Sun Glasses

## MISCELLANEOUS

- Water Bottle(s) (Reusable preferred)
- Medications
- Sunscreen
- Lunch/Snacks
- Money: souvenirs & communal dinner cost

## OPTIONAL

- Binoculars
- Camera

## DO NOT BRING

- Cotton clothing (If possible. This includes jeans.)
- Drones
- Weapons including knives and hatchets
- Drugs or alcohol

## OUTDOOR ADVENTURES PROVIDES

- ★ 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 to 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
<b>Strains, sprains, or broken bones</b>	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.
<b>Blisters, hot spots, soreness</b>	Wear properly fitted footwear and clean socks.	Inform guide staff of discomfort. Guide staff may provide 1st aid treatment.
<b>Sore muscles</b>	Stretch before and after activity.	Inform staff of discomfort for assistance.
<b>Dehydration</b>	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.
<b>Sunburn</b>	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.
<b>Hypothermia</b>	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.
<b>Scrapes and cuts</b>	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.
<b>Bug bites</b>	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.
<b>Allergic Reactions</b>	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.
<b>Food Borne Illness</b>	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.
<b>Death or serious injury</b>	Listen to guide staff. Notify staff of any physical or emotional concerns. Follow safety instructions.	

