



Los Arbolitos Kayaking

Saturday, May 24 to Monday, May 26

800am Saturday to 800pm Monday

Pre-Trip Meeting: May 21st, 2008 at 500pm in the SRFC Conference Room

Join CSUSB Outdoors as we head south of the border to experience sea kayaking Baja Style. We will head to Los Arbolitos (a little south of Ensenada) and set up our bluff-side campsite. We will spend our days exploring the incredible sights from our sit-on-top kayaks. Depending on conditions, we may visit La Bufadora (a sea cave blowhole), snorkel, or just hike and explore the beautiful Baja coastline. This trip is excellent for first-time kayakers as well as the more experienced.

We depart at 8:00 Saturday morning for our drive to Ensenada where we will stop for lunch before heading to camp for an afternoon paddle session. Sunday is filled with more paddling, snorkeling and hiking. We begin our travels home Monday afternoon and will return to campus Monday evening.

NOTE: You are required to prove identity and citizenship to re-enter the United States from Mexico. For US citizens this can be accomplished with a US passport or a government issued photo ID and original birth certificate. For more details and information on non-United States citizen requirements please visit www.cbp.gov

No experience is required as instruction will be provided.

However, all participants must attend at least one Wednesday Kayaking Pool Session.

\$90 Students and SRFC Members, \$120* Faculty, Staff and Alumni Association, \$135* Affiliates, \$180 Community Members

* Price includes an optional one month SRFC Membership. Please see membership services.

Participants are responsible for travel meals on Saturday (Lunch) and Monday (Lunch and Dinner)

Price includes transportation, kayak equipment, group camping equipment, personal outfitting, most meals, snacks, camping and kayaking gear, instruction and leaders.

Weather

Daytime temperatures should be in the high 70's to low 80's. Nights will cool off to the low 55's. Expect winds.

Food

CSUSB Outdoors will provide for all meals on the trip. Participants are responsible for their own travel meals. Bring money!

REQUIRED CLOTHING AND EQUIPMENT

-Try to avoid cotton materials, substitute with synthetics like polypropylene or Capilene

GEAR

- PFD**
- Paddle Jackets**
- Backpack**
- Sleeping bag**
- Sleeping pad**
- Dry Bags**

CLOTHING

- Wetsuits**
- Wetsuit Booties** or 1 Pair of Water shoes or sport sandals
- Long synthetic top and bottom underwear**
- Fleece Gloves**
- 1 Warm Jacket**
- 1 Swimsuit
- 1 Pair of Warm long Pants (fleece wool or synthetic, no jeans)
- 2 long sleeve shirt
- 2 pair of thick warm socks
- 2 T-shirts
- 1 Long Sleeve Shirt

- 3 Pairs of Underwear
- 2 Pairs of Thick Warm Socks
- 1 Pair of Quick dry Wind pants / Rain Pants
- 1 Set of Raingear or Ponchos
- 1 Pair of Comfortable Shoes

PERSONAL ITEMS

- Reusable/crushproof water bottles**
- Head lamp** (batteries)
- 1 Pair of Sunglasses
- Small towel
- 1 Hat with Brim
- 1 Warm Hat/Cap
- Lip balm and Sunscreen
- Camera and film (optional)
- Book or Journal (optional)
- Toiletries
- Personal Medication

EQUIPMENT LIST FOR CSUSB OUTDOORS:

- First Aid Kit
- Kayaks and Paddles
- 2 / 3 Person Tents
- Camp Chairs
- Stuff Sacks
- Stoves/Dutch Oven
- Cooking Supplies
- Baby Wipes
- Water Purifying System

- Gear in bold are available for trip participants to check out for free from CSUSB Outdoors. Supplies are limited and available on a first come, first serve basis; sign up early for best selection.

Risk, Hazards and Safety

CSUSB Outdoors is not responsible for any lost, damaged, or stolen gear. All CSUSB Outdoors trips are alcohol, tobacco, and illegal substance free. There are numerous risks and hazards associated with the water.

CSUSB Outdoor trips may occur in remote areas. Communication and transportation can be difficult. Equipment may fail or malfunction. Some environmental safety things to look out for are large waves, deep and cold water, slippery and sharp rocks, jetties, dangerous animals, strong currents, rip tides, wind, and more. Weather may change to extreme conditions without notice. Many possible injuries and illnesses may occur on a trip such as sunburn, heatstroke, hypothermia, dehydration, and other mild or serious conditions.

Everyone on this trip must make a conscious effort at all times to be safe. You must always stick with the group, or let someone know where you are going. One person's disregard for safety will result in hardship for the whole group. If we do have an accident or injury that requires medical attention beyond the ability of our leaders' experience, the trip is immediately over without refund. Our leaders are certified in CPR and First Aid.

Cost Includes

Price includes transportation, most meals (with the exception of fish taco stops), kayak equipment, group camping equipment, personal outfitting, snacks, camping and kayaking gear, instruction and leaders.

Questions

Visit camp.csusb.edu or call (909) 537-CAMP.

CSUSB Outdoors Cancellation Policy –All trips must be paid in full at time of enrollment. To cancel your participation, you must contact (909) 537-BFIT. Failure to contact CSUSB Outdoors 48 hours in advance will result in a 100% loss of fees. 48 hours to 7 days will result in a 50% refund. More than 7 days will result in a full refund minus a \$10 processing fee.