



Surf Saturdays

**Saturday, September 27, October 4th, and October 25
800am to 800pm**

The Southern California coastline boasts some of the world's best surfing along the beaches of Santa Monica, Venice, Hermosa, Huntington, Doheny, San Clemente, Trestles, San Onofre, Oceanside, and Carlsbad. Throughout the school year, CSUSB Outdoors explores a different beach, boardwalk, and taco stand during our Surf Saturday program.

Whether you are a surfing pro, or just a beginner, come and enjoy a day of surfing and playing on the beach. Don't feel like surfing? You are still welcome to come along to play in the sand, join a game of beach volleyball or stroll along the coastline.

We meet at 800am at the SRFC to issue gear, get fitted for our wetsuits, and pack lunch. We depart campus around 830am for the short drive to the beach and a whole day of playing. We typically return to campus by 800pm, stopping along the way to grab dinner (at one of those taco stands) on our way home.

No experience is required, as instruction will be provided.

\$30 Students and SRFC Members, \$40 Faculty, Staff and Alumni Association, \$50 Affiliate, \$60 Community Members
Price includes transportation, snacks, lunch, surfboard, wetsuit and booties, and instruction.

For more details about our surfing program, visit <http://campusrec.csusb.edu/outdoors/surfing.php>.

Weather

During the fall season you can anticipate high's in the 70's and lows in the 50's.
Please make sure to review the clothing list below for appropriate items

Food

CSUSB Outdoors will provide all lunch on Saturday.

Participants are responsible for their own travel dinner Saturday night on the drive back to campus. Bring money!

REQUIRED CLOTHING AND EQUIPMENT LIST

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

CLOTHING

- Ⓞ **Wetsuit**
- Ⓞ **Booties**
- Ⓞ 1 Sweatshirt
- Ⓞ Travel and Beach Clothes
- Ⓞ 1 Swim Suit
- Ⓞ 1 Pair of lightweight shoes/sandals

PERSONAL ITEMS

- Ⓞ **Reusable/ Crushproof water bottle**
- Ⓞ 1 Towel
- Ⓞ Sunscreen
- Ⓞ 1 Sunshade Hat
- Ⓞ 1 Sunglasses
- Ⓞ Camera and film (optional)
- Ⓞ Book (optional)
- Ⓞ Toiletries

EQUIPMENT LIST FOR CSUSB OUTDOORS

- Ⓞ First Aid Kit
- Ⓞ Surfboards
- Ⓞ Wax
- Ⓞ Boogie Boards

- Ⓞ Sand Castle Toys
- Ⓞ Frisbee
- Ⓞ Beach Volleyball
- Ⓞ Shade Device

- 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

Transportation, snacks and lunch, surfboards, instruction, and enthusiastic 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.