

CSUSB Adventure Ice Skate Trip Packing List

Pack:

- Day Pack

Upper Body:

- Fleece Jacket or Sweatshirt
- Long Sleeved Cotton or Synthetic Blend Shirt (Breathable Layer)
- Lightweight Jacket or Sweatshirt
- Sports Bra if needed

Lower Body:

- Long Pants/ Non-Cotton, Wool or Synthetic Pants
- Underwear

Feet, Hands, and Head:

- Comfortable Shoes
- Gloves
- Socks
- Beanie

Personal Items:

- 1 Reusable Water Bottles (1 quart)
- Money for meals not provided or food

Group Equipment that CSUSB Adventure will provide:

- **First Aid Kit**