

CSUSB Adventure Cultural Trip Packing List

(Items in **Bold** are available to check out)

Pack and Sleeping:

- Day Pack

Upper Body:

- **Waterproof Jacket (if rain predicted)**
- Fleece Jacket or Sweatshirt
- Cotton or Synthetic Blend Hiking Shirt (Breathable Layer)

Lower Body:

- Nylon Shorts
- Light Weight Long Pants/ Cotton or Synthetic Hiking Pants
- **Waterproof Pants (if rain predicted)**
- Underwear

Feet, Hands, and Head:

- Comfortable Shoes
- Socks
- Wide Brimmed Shade Hat

Personal Items:

- Sunscreen
- 2 Reusable Water Bottles (1 quart)
- Sunglasses
- Camera, book, or journal (optional)
- Money for meals not provided or food

Group Equipment that CSUSB Adventure will provide:

- **First Aid Kit**