

CSUSB Adventure Sound Bath Trip Packing List

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

Pack:

- **Day Pack**

Clothing:

- Loose, comfortable layers made from natural fabrics like cotton or linen, such as yoga pants, leggings, sweats, or soft loungewear
- **Sweater or shawl**
- **Comfortable Closed Toe and Closed Heel Shoes**
- **Socks**
- **Wide Brimmed Shade Hat or beanie if cold**

Personal Items:

- **Blanket**
- **Eye Mask**
- **Sunscreen**
- **2 Reusable Water Bottles (1 quart)**
- **Sunglasses**
- **Portable charger**
- **Money for meals not provided or food**

Group Equipment that CSUSB Adventure will provide:

- **First Aid Kit**