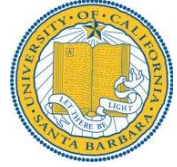




# UCSB ADVENTURE PROGRAMS

## OVERNIGHT TRIP EXPECTATIONS



We are excited that you are joining us for one of our many different adventures. In order for your experience to be a pleasurable one, we have put together the following information which answers many frequently asked questions and provides an overview of a few important expectations. We ask that you thoroughly read the information in ALL information sheets available about your trip. Additionally, please follow the recommendations on the equipment list.

Your trip leaders will try to contact you approximately two weeks before the trip to introduce themselves and to answer any specific questions you may have that were not answered in the information provided. Please feel free to contact the Adventure Center at (805) 893-3737 (open 11:30am Mon-Sun) if you need any additional information and/or our leaders have not contacted you seven days before your departure date.

**Group Experience:** The trip guides are there to be used as a resource and the work involved during the trip is a group responsibility. We hope everyone will do their fair share of the cooking, cleaning and equipment moving. Everyone has a responsibility to the group with respect to responsible behavior and being on time to meals and departures. Always inform the leaders of your desire/ plans if you wish to head off from the group. The leaders will inform you if such actions are appropriate given the circumstances at that time.

### UCSB Adventure Programs Provides:

- Round Trip Transportation to and from UCSB
- First Aid Kits
- Group Cooking Gear
- Group Activity Specific Equipment (Climbing Gear, Kayaks, Canoes, PFDs, etc)
- Activity Instruction
- Breakfasts and Dinners while Camping
- Camping, Permit, Ferry and Park Entrance Fees
- Professionally Trained Leaders, Assistants, and/or Instructors

### Participant provides:

- All Equipment Described on the Equipment List
- \$ for Road Meals (TBD), Souvenirs, Extra Optional Activities (TBD)
- Lunches
- An Open Mind, Great Attitude, and Sense of Adventure!

**No Drugs or Alcohol:** University regulations and program policies do not allow alcohol or drugs on this trip. Thank you for your cooperation.

**Meals:** Breakfasts and Dinners while Camping will be provided. As a program standard, all meals are vegetarian friendly. If you have any special dietary restrictions please be sure to notify the trip leaders when they contact you.

**Vehicles:** We generally travel in a 12-passenger van. Our trip leaders will be taking turns driving the group to their destination. Once your gear is loaded, you will not have access to it until we make camp. Therefore, please take the necessary items you will need in the van for the duration of the drive (i.e. books, \$, water, snacks, jacket, headlamp, etc.). There is NO SMOKING in the van. You may consider bringing a personal music device with headphones. Books and magazines are good as well. Please Note: We cannot guarantee the safety of any equipment left in the van when we are away during meal stops and on the trip.

**Parking on Campus:** Park in Lot #16 or the Mesa Parking Structure across from the Recreation Center if you plan to keep your car on campus for the length of the trip. Permits are required 24 hours Monday through Sunday. A multi-day and weekend overnight permit is **ONLY** available directly from the Transportation and Parking Services main office. Directions and map to their office can be found by clicking on the “TPS Office Location Map” button found at: <http://www.tps.ucsb.edu/contacts>. If you prefer, you can arrange to be dropped off the morning of the trip and call your ride when we return. For detailed UCSB parking information please check [www.tps.ucsb.edu](http://www.tps.ucsb.edu).

**Environmental Concerns | LNT:** UCSB Adventure Programs is a proud member and practitioner of “Leave No Trace” ethics (LNT). As a group in the outdoors, we would like to cause as little impact as possible by following the [7 principles](#) outlined by the Leave No Trace Center for Outdoor Ethics:

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

The trip leaders have information that discusses low impact camping and the 7 principles. Please take a moment to familiarize yourself before you start your adventure and camping experience. For more information, please check out [www.lnt.org](http://www.lnt.org)

**Dispose of Waste Properly | Pee, Poop, & Periods:** Many of the environments where we get to explore are very sensitive and highly impacted by human activity and waste if we fail to “Plan Ahead and Prepare.” In many cases, we travel in locations where pit toilets are available. In some cases, toilets are not available and we are required to pack out poop, toilet paper, tampons, etc. Sometimes it is most appropriate to pee in the river other times it isn’t.

Outdoor adventures may cause a change or increase in your physical activity level and may alter female menstrual cycles. We understand that feminine care may be a concern and we have several suggestions to help you manage your needs on the trip. To be adequately prepared, please bring the following:

- Twice the number of tampons, pads, or liners you normally use during a cycle. As an alternative, consider the [DivaCup](#).
- 4 to 5 gallon size zip-lock plastic bags (freezer grade quality)
- 1-2 travel packs of feminine or baby wipes
- 1-2 travel size bottles of instant hand sanitizer or anti-bacterial soap that does not require water
- 1-2 extra bandanas (useful for keeping dry when not menstruating)
- Extra underwear – two to four pairs depending on the length of your trip
- An opaque carrying bag you can use to store zip-log bags containing used products until you can dispose of them. Consider placing duct tape around the zip-lock bags or bring a small zippered cosmetics case. You will be expected to store used products until you reach the front-country at completion of the trip as most locations don’t have appropriate disposal options.

Your trip leaders will be happy to review the specific LNT expectations for your trip. Please don’t hesitate to ask them any questions you may have on how to deal with any LNT challenges.

**Refund Policy:** Once an offering is **full**, you will be offered a refund (less **\$20 service** charge) **only** if someone **pays** for your spot. If the offering is **NOT** full:

- **30 or more days** before the course date- Full refund less \$20 processing fee.
- **29 to 8 days** before the course date- 50% refund less \$20 processing fee.
- **Less than 8 days** before the course date- no refunds available.