



Student Recreation Complex  
**Outdoor Adventure Trip Information Sheet**  
(209) 667-3705  
[www.csustan.edu/src/OutdoorAdventure.html](http://www.csustan.edu/src/OutdoorAdventure.html)

## **Trip/Activity: Yoga and Hiking at Pinecrest Lake**

**Location:** Pinecrest, CA      **Price:** \$30.00 students, \$35.00 non-students (cash, check or Warrior cash only)

**Registration Deadline:** Friday, October 18, 2013 by 4p

**Mandatory Pre-Trip Meeting:** Thursday, October 24, 2013 @ 3:00p (Mandatory) in the SRC Fitness Center lobby.

Trip is limited to the first 5 people who register and pay. A minimum of 5 people are required for this trip.

*\*Note: all trip costs are estimates and are subject to change without notice.*

### **Personal Preparation**

Outdoor Adventure trips are designed for both beginners as well as people that may be more than experienced. We advise people to take their physical condition seriously. Trips can be very physically demanding. In order for everyone to get the most enjoyment out of the trip, being physically fit is a crucial part of this experience.

### **Transportation**

Rental vehicles will be used as transportation to and from the activity site, and transportation is included in the price of the trip. We will depart from and return to the SRC Fitness Center.

### **Expedition Behavior**

Expedition behavior means taking care of yourself and other group members. It means staying hydrated, not unnecessarily endangering yourself, and communicating personal concerns to trip leaders. Characteristics such as respectfulness, flexibility, tolerance of others, courtesy, direct communication, self-awareness, and teamwork become critical when traveling in small groups in remote areas. Proper expedition behavior can be the difference between an average experience and a great one!

### **Participant Responsibilities**

We expect our participants to complete all health forms and sign all waivers. Participants are required to attend all Pre-Trip meetings. Be prepared mentally and physically for the trip, even though most people only think of the trip being physically hard it can be mentally just as hard. The Outdoor Adventure staff also expects that all participants will obey all policies set forth by the Land Management Agencies (State Parks, National Parks, National Forests, BLM), the Student Code of Conduct as well as policies made by our staff for your safety. As a participant of an Outdoor Adventure trip, you agree to respect others that may be on the trip. And most of all we expect that each participant has an amazing trip that is full of fun and great memories.

### **Smoking, Alcohol & Cell Phones**

In the spirit of expedition behavior, please do not bring alcohol or illegal substances or items on the trip. Cigarettes are acceptable at established areas but are not allowed to be used in vehicles. We would encourage you not to smoke on this trip and to respect other participants if you choose to smoke. Further, please be respectful of other participants with cell phone use. We ask that cell phones not be used in vehicles or at the activity site and when used, please use away from the group.

### **What is provided by Outdoor Adventure?**

Outdoor Adventure provides all transportation, yoga instruction, yoga mat, hiking guide, and leadership. The trip cost does not include personal clothing or meals traveling to and from the activity site.

### **Cancellation Policy**

All trip balances are due at sign-up. Notice of registration cancellation must be in writing one business day prior to the registration deadline in order to receive a refund. Refunds will be less 20% of the full registration fee or \$20.00 (greater amount) as a cancellation fee. No refunds will be issued after the registration deadline. Requests to transfer from one trip to another will be considered a cancellation.



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### Personal Gear Checklist

- |  |   |
|--|---|
| <input type="checkbox"/> Synthetic clothing for hiking                     | <input type="checkbox"/> Sunscreen  |
| <input type="checkbox"/> Sturdy hiking shoes                               | <input type="checkbox"/> Hand Sanitizer                                       |
| <input type="checkbox"/> Lunch and snacks for hike                         | <input type="checkbox"/> Snacks for drive                                     |
| <input type="checkbox"/> Sunglasses & Sun/baseball cap                     | <input type="checkbox"/> Lip balm with sunscreen                              |
| <input type="checkbox"/> Possible change of clothing for vehicle ride home | <input type="checkbox"/> Prescription glasses, contacts and case if necessary |
| <input type="checkbox"/> Camera  | <input type="checkbox"/> Water Bottles (2 Liters)                             |
| <input type="checkbox"/> Journal/pencil or pen                             | <input type="checkbox"/> Money/Credit Card                                    |
| <input type="checkbox"/> Personal toiletry needs                           | <input type="checkbox"/> Personal medications/prescriptions/first aid         |
| <input type="checkbox"/> Small backpack to put all belongings in           | <input type="checkbox"/> Yoga Mat (provided if you do not have your own)      |

### Packing Considerations

When packing for this field experience bring only what is necessary for a day trip. There is limited space in the vehicles.

### Cotton Clothing

What's the deal with cotton clothing? While super comfortable, cotton is not a good choice for active clothing or for enduring a rain shower. When wet from perspiration, rain, or snow, cotton does not dry quickly or maintain its thermal properties like synthetic clothing. Wearing wet cotton clothing can easily lead to hypothermia which is a dangerous condition. While synthetic clothing can be expensive, there are affordable options. Having synthetic clothing on this trip is highly recommended.

**Itinerary** \*\*\*Note\*\*\* All times are estimates and are subject to change.

9:00 AM Arrive to load into the van at the SRC

9:20 AM Depart SRC

11:20 AM Arrive at Pinecrest Lake and Snack

11:30 AM Yoga Session and Stretches

12:30 PM Lunch

1:00 PM Hike around Pinecrest Lake

3:00 PM Yoga Session and Stretches

3:45 PM Depart Pinecrest Lake

5:45 PM Arrive back at SRC Fitness Center