

Alternative Spring Break – Big Bear

Monday, March 24th – Thursday, March 27th

900am Monday – 1100am Thursday

Pre-Trip Meeting: Wednesday, March 19th, 600pm in the SRFC Conference Room

Sign Up Deadline: Wednesday, March 19th, 600pm

Join a group of CSUSB students as we travel on a volunteer service and community engagement trip during Spring Break. Students will work with one another and the residents of the San Bernardino mountain communities on service projects such as planting trees, invasive species removal, animal rescue, and more. Together we will learn about the issues which affect surrounding residents of the mountain while providing meaningful volunteer service.

Cost

CSUSB Student: \$75

Weather

During the early spring season at Big Bear, the weather tends to be cold, snowy, rainy, or (sometimes) even sunny days are possible, with highs ranging from the 50s and lows in the upper 20s.

Food

Meals starting with Tuesday lunch through breakfast Friday will be provided.

REQUIRED CLOTHING AND EQUIPMENT:

-Try to avoid cotton materials, substitute with synthetics like polypropylene or Capilene

- We will be planting trees! So bring an outfit that you don't mind getting a little dirty.

Head

- 1 fleece or wool cap/beanie should cover ears
- 1 brimmed hat for sun protection

Upper Body

- 1-2 T-shirts short sleeved (non-cotton preferred)
- 1-2 lightweight synthetic long sleeved shirt
- 1-2 medium-weight synthetic or wool long sleeved shirt
- 1 lightweight fleece/wool sweater (e.g., Polartec 100)
- 1 medium weight fleece jacket or wool sweater (e.g., Polartec 200)
- Sports Bra(s)
- 1 warm insulating jacket

Hands

- Synthetic wool mittens fleece/**snow gloves**

Lower Body

- Underwear as needed (non-cotton preferred)
- 2 pairs of shorts (non-cotton preferred)
- Medium weight synthetic/wool long underwear bottoms – polypropylene or other hydrophobic, wicking fabric
- Lightweight wool or fleece pants (e.g., Polartec 100)
- Medium-weight wool or fleece pants (e.g., Polartec 200)
- 1-2 pairs of long pants, loose fitting, synthetic

Feet

- 1 pair of mid weight waterproof hiking boots
- 1 pair of lightweight camp shoes/sandals
- 3 pairs of mid-weight wool or synthetic hiking socks

Shell Layer

- Waterproof Jacket**
- Waterproof Pants**

Travel Gear

- Daypack lightweight (1000 cubic in)**
- Duffel bag**

Sleeping

- Sleeping bag (optional)**, bedding provided at cottages.

Miscellaneous

- Head lamp or flashlight (w/extra batteries)
- 2 reusable/crushproof water bottles 1 quart/liter
- Sunglasses or clip-ons
- Watch with alarm
- Personal medication (allergy medications, etc.)
- 1 toiletry kit: soap, toothbrush and toothpaste, comb, sunscreen, lip balm, insect repellent,

Optional

- Camera
- Books and field guides
- 1 pocket knife or multi-purpose tool
- Small journal and pencil or ballpoint pen
- Musical instrument

EQUIPMENT LIST FOR CSUSB OUTDOORS

- First Aid Kit
- Stoves, fuel, pots and pans
- Gear repair kit
- Kayaking gear
- Cooking gear

- Gear in bold are available for trip participants to check out for free from CSUSB Outdoors. Supplies are limited and available on a first come, first serve basis; sign up early for best selection.

Risk, Hazards and Safety

CSUSB Outdoors is not responsible for any lost, damaged, or stolen gear. All CSUSB Outdoors trips are alcohol, tobacco, and illegal substance free. There are numerous risks and hazards associated with the outdoors. CSUSB Outdoor trips may occur in remote areas. Communication and transportation can be difficult. Equipment may fail or malfunction. Some environmental safety things to look out for are over rugged unpredictable off-trail terrain, boulder fields, falling or rolling rocks, snow and ice, steep slopes, river crossings, dangerous animals and more. Weather may change to extreme conditions without notice. Many possible injuries and illnesses may occur on a trip, including hypothermia, frostbite, high altitude sickness, sunburn, heatstroke, dehydration, and other mild or serious conditions.

Everyone on this trip must make a conscious effort at all times to be safe. You must always stick with the group, or let someone know where you are going. One person's disregard for safety will result in hardship for the whole group. If we do have an accident or injury that requires medical attention beyond the abilities of our leaders' experience, the trip is immediately over without refund. Our leaders are certified in CPR and First Aid.

Cost Includes

Trip includes transportation, transportation, group gear, knowledgeable leaders, kayaking gear, 3 nights lodging in a cabin and entry fees.

Questions

Visit camp.csusb.edu or call (909) 537-CAMP.

CSUSB Outdoors Cancellation Policy

All trips must be paid in full at time of enrollment. To cancel your participation, you must contact (909) 537-BFIT. Failure to contact CSUSB Recreational Sports at least 72 hours in advance will result in a 100% loss of fees. Canceling 7 days to 72 hours in advance will result in a 25% cancellation fee, minimum \$10. Cancellations more than 7 days in advance will result in a full transfer of fees or a refund minus a \$10 processing fee. Transferring trips/programs constitutes a cancellation and is subject to the aforementioned policy. Transfers must occur at the time of trip cancellation. All refunds are by check and take 4-6 weeks to process.