



TRACKS - Alternative Summer Break Alaska
July 21st – July 29th, 2016
2:00pm Thursday – 10:00am Friday

Experience eight incredible days on the adventure of a lifetime! Discover the mountainous South Central area of Alaska during this all-encompassing summer service trip. While rich in beauty and natural resources, Alaska faces poverty that is in need of our care. This remarkable trip to the Great Land gives you the opportunity to work for change, and promises to change you as well. Along our journey we will visit Anchorage, Seward, and Peterson Bay.

HIGHLIGHTS INCLUDE

Rewarding Volunteer Service*

Center for Alaskan Coastal Studies - preserve and beautify the coastal environment
Bean's Café - prepare and serve a generous hot meal for those in need
Alaska Native Heritage Center
Alaska SeaLife Center
Habitat for Humanity

Cultural and Adventure Highlights*

Whitewater Rafting Trip 6 Mile Creek
Kenai Fjords National Park Dinner Cruise
Kayak Tour of Peterson Bay
Cycle the Tony Knowles Coastal Trail
Alaska Sea Life Center

Accommodations

3 nights @ University Alaska Anchorage Resident Halls
2 nights @ Moby Dick Hostel, Seward
2 nights @ Peterson Bay Field Station, Homer, Yurts (no showers, composting toilets)

Flight Information

Depart Long Beach at 745pm on Jet Blue and arrive in Anchorage at 1158pm
Return Anchorage at 110am on Jet Blue and arrive in Long Beach at 723am

Itinerary*

Day 1

Meet at CSUSB SRWC at 200pm, load vans and travel from CSUSB to Long Beach Airport to board flight to Anchorage Alaska. Once we land in Alaska, get our bags and rental vehicles we will check into the UA Anchorage Resident Halls where we will lodge for the next 3 night.

Day 2

After a grab n' go breakfast we will drive to the Alaska Native Heritage Center to perform some volunteer service work. We will also have a chance to experience Alaska native culture firsthand at the center which features exhibits on traditional arts and science as well as performances of music, dance, and sports. In the afternoon we will visit the Anchorage Museum.

Day 3

We'll head out into the community for another morning of meaningful volunteer service and breakfast at Bean's Café and Brother Francis. After exploring the Anchorage Market and Festival where we will have lunch, we will bike ride along the Tony Knowles Coastal Trail. After finishing up the day with dinner on your own in downtown Anchorage we will head back to the resident halls to reflection on our experiences so far.

Day 4

Set your alarms early (6am), as we need to hit the road for a scenic drive from Anchorage to Seward. On the way to Seward we will stop for what will be one of the highlights of the trip, a whitewater rafting trip down Sixmile Creek. This is Alaska's premier whitewater raft trip, and one of the best in North America. After we dry off, it back on the road to Seward. After checking into our hostel we will cruise on Resurrection Bay to Fox Island for a special dinner. On the cruise we will watch for puffins, cormorants and

otters.

Day 5

After breakfast we will visit the Alaska SeaLife Center where we will have close encounters with puffins, octopus, sea lions and other sea life while peeking over the shoulders of ocean scientists studying Alaska's rich seas and diverse sea life. Our morning will also include some meaningful service for the local non-profit. In the afternoon we will hike with a ranger to Exit Glacier.

Day 6

Today we depart Seward and head to Soldotna where we will work on a Habitat for Humanity project. In the afternoon we will depart for Homer. In Homer we will board a ferry and travel to Peterson Bay to check into our yurts. That night, after dinner, we will explore the beach and have an evening campfire.

Day 7

Are you ready for more? Today we will start by exploring tide pools and the unique forest of the area and assist the Center for Alaskan Coastal Studies with some service. We will then enjoy a well-deserved night's sleep.

Day 8

We will start our last day by exploring by kayak the waters of Kachemak Bay State Park. After lunch we take a water taxi back to Homer and load the vans to head back to Anchorage. Upon arriving in Anchorage we will have dinner and hit the trail for one last awesome view from the top of Flattop Mountain. Then it is on to the airport to catch our flight back home.

Day 9

We take-off at 1:06am and arrive in LGB at 7:20am. We arrive back to CSUSB around 10:00am.

*Activities, service and itinerary are subject to change without notice.

Cost

\$150 Deposit Due March 1, 2014

\$150 Payment Due April 15, 2014

\$100 Payment Due June 1, 2014

(Cash, check and credit card payments made in person at the CSUSB SRWC)

Weather

During the summer season the average lows are in the low 50's and the average highs in the mid to low 60's. Expect rain as well.

Food

Most meals are provided. Expect to pay for 4-6 of your own meals.

REQUIRED CLOTHING AND EQUIPMENT:

Try to avoid cotton materials; substitute with synthetics like polypropylene or capilene.

CLOTHING

- Waterproof Pants**
- Wind/Waterproof Jacket**
- 1 Sweatshirt
- 1 Warm Jacket
- Swim suit
- 2-3 long pants
- 3-4 pairs of shorts
- 3-5 T-shirts
- 1-2 long sleeve shirts
- Sleeping attire
- Underwear as needed
- Socks as needed (hiking socks, non-cotton)
- Hat to protect from sun

SHOES

- Sport sandals with heel strap
- Hiking/work boots
- Comfortable walking shoes
- Rubber Boots (Optional)

EQUIPMENT

- Daypack**
- 2 Reusable water bottles (1 quart)
- Drinking cup
- Headlamp
- Sunglasses

- Sunglass keepers
- Trash bags for dirty and/or wet cloths
- Washcloth and face towel
- Camera

PERSONAL ITEMS

- Toothbrush with cover and toothpaste
- Razor and shaving cream (optional)
- Body wash/soap
- Shampoo and conditioner
- Brush or comb (optional)
- Antiperspirant
- Towel and washcloth
- Tampons
- Cosmetics (optional)
- Earplugs (optional)
- Contact lenses and cleaning solution
- Spare pair of prescription glasses
- Sunscreen
- Insect repellent
- First-Aid (NSAIDs, Band-Aids, After-Bite, personal medications)

DOCUMENTS

- Money, credit cards (notify of travel) for meals and souvenirs (no \$50s or \$100s)

GROUP GEAR (Provide by CSUSB)

- Group First-Aid kit

- 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 Alternative Break Trips is not responsible for any lost, damaged, or stolen gear. All CSUSB Alternative Break Trips are alcohol, tobacco, and illegal substance free. There are numerous risks and hazards associated with the outdoors.

CSUSB Alternative Break 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

Round trip airfare, ground transportation, 7 nights lodging, most meals, activities listed, 1 checked bag and leaders.

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. You will also be responsible for any non-refundable fees incurred due to your cancellation. 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. (Is this the old policy?)

Sponsored By

Associated Students Inc., Office of Community Engagement and Recreation and Wellness

Expedition Behavior

- Serve the mission and goals of the group.
- Be as concerned for others as you are for yourself.
- Treat everyone with dignity and respect.
- Support leadership and growth in everyone.
- Respect the cultures you contact.
- Be kind and open-hearted.
- Do your share and stay organized.
- Help others, but don't routinely do their work.
- Model integrity by being honest and accountable.
- Admit and correct your mistakes.