



# Intro to Surfing San Onofre, CA



Join Outdoor Recreation for a taste of summer as we head to the beach! A weekend of surfing and camping on the beach will take place at San Onofre State Beach in sunny San Diego County.

San Onofre is one of California's most premier and historic beaches with surfing taking place here since the 1930's. The beach is a sandy 3.5 miles, with waves suitable for beginners and experienced surfers alike. It is also possible to occasionally see whales, dolphins and sea lions from shore.

Over the weekend, we will have several opportunities to surf the various breaks along the beach. All levels of surfing ability are welcome and a half day lesson with professional instructors is included.

## Itinerary

Subject to change

### Day One:

- Meet at Outdoor Recreation (OR)
- Drive to San Diego, get dinner on the way
- Set up camp
- 5-minute initiative, a chance to give back to the natural areas around us

### Day Two:

- Breakfast, drive to San Onofre Beach
- Morning professional surf lessons
- Afternoon surf session
- Return to camp

### Day Three:

- Wake up, prepare breakfast
- Morning surf session
- Head back to OR, lunch on the road

## PACKING LIST

- 1 pair sandals or other beach shoes
- 1 pair shoes
- 2 pair shorts and/or long pants
- Swimsuit and towel
- 2 shirts; long sleeves will provide sun protection
- Wool/fleece sweater or jacket
- Rain gear
- Sun hat with brim
- Small flashlight or headlamp
- Any personal lifesaving medication
- Water bottles (2 Liters)
- Camera (optional)
- Toiletry Items
- Sunscreen, lip balm, sunglasses
- Money for meal stops
- Sleeping bag, rated to 20 F\*
- Sleeping pad\*

\* May be reserved from Outdoor Recreation at no additional cost.

## OUTDOOR PROVIDES

- Transportation
- Food provided, while on site
- Leadership and instruction
- All trip-specific gear
- Entrance and camping fees
- Surfboard and wetsuit rental
- Cooking and camping equipment

### EXERTION LEVELS

