



University
of San Diego

EXPERIENTIAL LEARNING & ADVENTURE CENTER

UC 136, 619-260-4709, www.sandiego.edu/explore

BACKPACKING MT. SAN GORGONIO

DESCRIPTION:

At 11,499', Mt. San Gorgonio is the highest peak in Southern California. With over 6000' in elevation gain, this Sierra-like trek will be our most strenuous trip of the semester. A commitment to pre-trip exercise is mandatory. The trek, which is a 16-mile round trip, will begin at 6,000 feet and consist of a 5,600-foot elevation gain until we reach the summit. Following the Vivian Creek Trail, we will backpack through groves of Lodgepole Pines and Aspen trees to spend two nights on the mountain nicknamed Old Greyback. The panoramic view from the top is an unforgettable way to celebrate Fall Break!

BRIEF ITINERARY:

Meet at the Experiential Education & Adventure Center (previously Outdoor Programs) in UC 136 at 3 p.m. Thursday October. We will drive to Mt. San Gorgonio Thursday evening and do a small hike. Friday and Saturday we will hike up the summit. We will hike down Sunday and return to USD by 5 p.m.

PRE-TRIP MEETING:

12:30 p.m. (during dead hours), Thursday, Oct. 15, 2009 in UC 136.

COST

\$120 for USD ID cardholders (students, faculty, staff, alumni)

\$140 for the general public

INCLUDES:

We provide backpacking gear (pack, sleeping bag, sleeping pad, rain gear, kitchen gear), nine meals, transportation, backcountry guides & instruction, permits, spectacular views and strenuous exercise!

FOOD:

We provide all meals from Thursday (late) dinner to Sunday lunch. Please let us know if you have any dietary concerns or restrictions.

LODGING & FACILITIES:

We will be backcountry camping for three nights.

EQUIPMENT & CLOTHING:

You will be responsible for durable, high-quality hiking footwear (broken in at least two weeks of regular wear) and personal clothing as described on the packing list, which will be handed out at the pre-trip meeting. To break in boots, begin wearing them for short periods of time around your house and gradually increase the time you wear them.

RISKS & HAZARDS:

There are a variety of risks and hazards associated with adventuring outdoors. General risks are listed on our liability waiver. Specific risks/hazards for this outing include: high-altitude illnesses, or overexertion. We will be in bear country and must take applicable precautions. Access to medical care beyond the Wilderness First Responder level will be restricted by being in the backcountry.



RULES OF CONDUCT & SAFETY POLICIES:

DRUGS AND ALCOHOL ARE PROHIBITED AT ANY TIME DURING THE TRIP. Appropriate footwear is required at all times, and you must always stay together. We ask that you respect and follow the safety instructions of the guides.

PHYSICAL ABILITY/PREREQUISITES:

Participants should be in good physical condition for hiking on very steep terrain and capable of carrying approximately 40 pounds on their back. It is *imperative* that participants train for this trip to be physically fit and to withstand the extreme change in altitude. The hike will begin at 6,000 feet above sea level, the point when most begin to feel the effects of altitude. Common side effects include headache, lightheadedness, weakness, trouble sleeping, upset stomach, difficulty breathing while resting, coughing, confusion and the inability to walk in a straight line. Training should include cardiovascular exercise, intensity intervals, practice carrying a heavy backpack, balance exercises and stretching. Using a stairmaster with a loaded backpack 3 times a week for 30 minutes for 2-3 weeks prior to the trip is also recommended.

GROUP EXPERIENCE:

Plan on being a contributing member of a group. We will travel, camp, and share the work (i.e. camp chores, loading and unloading the van, etc) equally as one group. If you are the independent type who prefers to do things alone this trip may not meet your needs or desires.