

Ensenada Service Adventure
March 22-26, 2020
8:00am Sunday – 8:00pm Thursday

Accommodations

4 nights @ Rancho El Refugio <https://ranchoelrefugio.com/>

Itinerary*

Day 1

Meet at CSUSB SRWC at 800am, load vans and travel from CSUSB Rancho El Refugio just east of Ensenada Mexico. Along the way we will stop in Puerto Nuevo for lunch before continuing to the ranch. Once we arrive around 5pm we will receive an orientation to the camp, setting in to our bunk house and have dinner.

Day 2

After breakfast we will spend the morning volunteering at the camp's school leading recreation and craft activities with the pre-school to middle school children. After lunch at the camp we will head to a local beach for some fun and relaxation. After enjoying the sand we head back to camp for dinner and some rest.

Day 3

Today we head out into the community of Oso Negros for a full day of meaningful volunteer service. Project will vary depending on the community needs at the time. Come prepared to get dirty and work hard.

Day 4

The morning will be spent volunteering to help some local seniors at 2 sites in Ensenada. After a boxed lunch we will head to La Bufadora (ocean blowhole) for shopping, kayaking and dinner (not provided, bring money). We return to Rancho El Refugio for our final night and reflect back on what we experienced.

Day 5

After breakfast we pack up the vans and start the journey back to CSUSB. We plan to stop along the way and visit a local winery for a tour (no tastings) and lunch before crossing back into the USA.

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

Cost

\$350

Weather

During the spring season the average lows are around 50 and the average highs around 60. Expect possible rain as well.

Food

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

REQUIRED CLOTHING AND EQUIPMENT:

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

CLOTHING

- ☐ Waterproof Pants and Jacket or Poncho
- ☐ 1 Sweatshirt
- ☐ 1 Warm Jacket
- ☐ Swim suit
- ☐ 3-4 long pants
- ☐ 2-3 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

EQUIPMENT

- ☐ Daypack
- ☐ Sleeping bag or blankets and sheets, and pillow
- ☐ Duffle bag or suitcase
- ☐ 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

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

GROUP GEAR (Provide by CSUSB)

- ☐ Group First-Aid kit

Risk, Hazards and Safety

CSUSB Adventure's is not responsible for any lost, damaged, or stolen gear. All CSUSB Adventure trip are alcohol, tobacco, and illegal substance free. There are numerous risks and hazards associated with the outdoors.

CSUSB Adventure trip 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

Ground transportation, 4 nights lodging, most meals, and activities listed

Questions

Visit adventure@csusb.edu or call (909) 537-2267.

CSUSB Adventure 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

Office of Community Engagement, Study Abroad 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.