

Southern California Surf & SUP Training Trip – March 6-15, 2020

Spend a solid week surfing, stand-up paddle boarding and exploring the Southern California coastline. From our campsite at San Onofre State Park we are one mile from the pros at Lower Trestles or visiting numerous beach parks and surf shops. We will surf the San-O Trails, Dog Patch, Old Mans, Churches, Middles and other nice breaks in North San Diego County. We will visit Dana Point and Crystal Cove for paddling and snorkeling with the leopard sharks, seals, garibaldi fish and other marine life. Visiting the unique surf culture shops and eating at local hot spots will enhance our overall surf trip experience. The following photos and video links will give you a better idea of the SoCal surf scene.

UMD-RSOP SoCal 2009-1015 Photo Album:

https://www.flickr.com/photos/umd_rsop/albums/with/72157648547499015

Also check out these links:

http://www.youtube.com/watch?v=luKd_amacxg&NR=1

<http://www.youtube.com/watch?v=ARkZctD05UE&feature=related>

This is the real deal in terms of learning to surf, refining your surfing and taking in the So-Cal lifestyle as a warm and sunny "reward" for working hard in school. We provide all of the group equipment to establish a surf camp that is relaxing and also inspires you to dial in on you surfing skills. Prior to departure we will work with each person on the trip to develop swimming skills and general endurance needed for surfing.



RSOP Cost and Airline Travel Plan: \$425 UMD Students, \$695 Others

Receive an \$80 to \$100 rebate with proof of purchase if you buy your own surfboard on the first few days of the trip.

This helps you obtain your own surf board from the abundant used board market and reduces our board rental expense.

Your trip fee payment to RSOP must be made with a credit card if you wish to take advantage of this rebate offer.

See Randy for details on typical used board prices and shipping rates that will typically add up to around \$350-\$500.

All participants must reserve and pay for their own flight to and from San Diego CA (estimated cost is \$300-\$400 round trip). You will most likely begin your airline travel plans from the Duluth or Minneapolis International Airport early in the morning on March 6th. We will begin our mini-van adventure from the official group meeting site at the San Diego California International Airport, Baggage Claim Level on March 6th at 2:00pm. Randy will pick you up from this location and return you to the airport in a rental mini-van. Return flights must be planned for starting at 10:00am or later on Sunday March 15th.

You will be responsible for the cost of several dinners during the trip (roughly \$100 for tacos, coffee and ice cream) when we are not eating our group meals cooked at the campsite. Breakfast and lunch food will be provided and you will be snacking constantly throughout the day. See the itinerary for more information on beach days.



Registration Procedure, Skill and Endurance Pre-requisites:

- The \$150 deposit will hold your spot on the trip and will be required by October 1st, 2019. *It's highly recommended that you submit the deposit during the early part of Fall Semester to secure one of the four spots on the trip.* See the 2019-20 SoCal Trip Registration Roster pdf document for more details.
- A mandatory **pre-trip orientation meeting** will occur on **Tuesday November 12th** from 4-6pm in the 153H SpHC Conference Room. The purpose of this meeting is to present trip photos, review the trip itinerary, clarify expectations and explain the minimum skill and endurance requirements. Airline tickets must be purchased by Tuesday, November 19th to hold your spot.
- This trip is a beginner to advanced level trip in which most anyone can participate provided they are eager to work on their surfing skills and are comfortable swimming on top of and under the water. All participants must be able to swim continuously for 250 yards using any and all techniques, tread water for 2 minutes and carry a milk crate of swim bricks underwater across the width of the UMD pool. This mandatory swim test will be done by appointment in the pool.
- Pool hours are available to help you develop your conditioning on an individual basis. It is recommended that you become a UMD RSOP Surf/Paddle Board Member to develop your skills prior to the trip. Visit www.umdrsop.org for details. In summary, you must be fit enough to be physically active in the water and around camp for seven days. There will be time for breaks and relaxation, but we will need to cooperate and remain active to realize the full potential of our surf trip.
- It is also very important to shop for discounted airline tickets for MSP to SAN. Starting around Thanksgiving we will share links with each other to compare rates and purchase our airline tickets.

Final Pre-Trip Meeting: This meeting is scheduled for **Wednesday, February 26th** from 4-6pm at UMD in SpHC 153H. We will cover introductions, expectations, trip logistics, risk management, equipment, food preferences, and check on vital details such as verification of flight times. Health & Liability Forms must be completed and turned in at the final pre-trip meeting.

Sincerely,

Randy Carlson

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Southern California Surf & SUP Training Trip – Itinerary

Friday, March 6 (Airline Travel)

Book your flight so you are in position to meet the group at the San Diego California International Airport, baggage claim level at 2:00pm. Load SUP boards from Bob's West Coast Paddle Shop and look in San Diego surf shops. We will drive one hour in the rental van to reach our campsite in San Clemente.

Saturday, March 7

Scope out shapers row board shops and buy our groceries, surf the SanO Trails in the late afternoon and eat dinner out in San Clemente.

Sunday, March 8

Visit the local surf shops in San Clemente to select our rental or purchased surf boards, eat lunch and head to the Trails Section of San Onofre again to do some late afternoon surfing instruction before eating dinner out in San Clemente.

Monday, March 9

Early morning surf at San Onofre, breakfast and lunch at the beach, in the late afternoon we can look around San Clemente or Doheny/Dana Point area and eat dinner out before returning to our campsite.

Tuesday, March 10

Early morning surf at San Onofre, breakfast and lunch at the beach, in the evening we can visit the Calafia Beach Park and visit the San Clemente pier or stay at the beach for foil dinners.

Wednesday, March 11

Early morning surf at San Onofre or Middles, lunch at the beach, then off to the Crystal Cove or Surfing Heritage Foundation provided that we can walk away from the surf.

Thursday, March 12

Early morning surf at San Onofre, one way SUP touring along the coastline or head South to Encinitas and surf a new break, lessons today feature one on one coaching to help get you onto a clean shoulder and moving down the line into a bottom turn cutback combination, breakfast and lunch at the beach, eat dinner out before returning to our campsite.

Friday, March 13

Choose our favorite surf spot, consider a one way SUP touring along the coastline and beach hiking. Eat dinner out or do a foil dinner at the beach depending on our location.

Saturday, March 14

Early morning surfing or SUP tour at our favorite spot, eat dinner out and then return to our campsite in San Onofre to begin organizing for the trip home.

Sunday, March 15 (Airline Travel)

Rise and shine, pack up and roll toward the airport by 6:00am (or earlier). Return flights should be planned for starting at 10:00am or later.

Facts, Surf/SUP Instruction Strategies & Equipment Plan

Climate and Weather

SoCal is famous for its warm days and blue skies. Temperatures generally remain pleasant and moderate during the fall, winter and spring seasons. Spring nights can dip down into the 50s while late spring days can reach the 90s. The Pacific coast generally receives an afternoon breeze from the ocean, which cools the land and can create foggy mornings and evenings. The water temperature is around 55-60 degrees with underwater visibility between 20 and 40 feet. A full wet suit and booties will be provided for surfing as well as most other water based activities.

Surfing and Group Interaction

Surfing can be an incredible experience. Riding the energy (waves) of an endless ocean and being among the largest mammals on the planet is awe-inspiring. We will be surfing on 7'-9' Softop and epoxy surfboards with SUPs in the 8'-12' range. The Softops have a soft foam top and hard bottom, allowing us fall on the boards without damaging them or ourselves. The epoxy surfboards and SUPs will range from thruster shapes to round nose riding shapes. Surfing as a group, we have the opportunity to share our equipment inventory along with our thrills and spills. When surfing however, we are dealing with Mother Nature in all her harsh realities. A surfer is no match for the dynamics of the sea if not properly trained. Weather and sea conditions can change quickly resulting in dangerously overpowering wind and waves. A solo surfer can quickly find him/herself overpowered and sucked out to sea in a rip current. It is important the each group member take the lessons provided seriously as we will be teaching you the skills necessary to prevent a dangerous situation from arising. Since each participant is alone on his/her board, taking personal responsibility to stay with the group will ultimately determine his/her safety. As a group, we try to stay a step ahead of the swell by "reading" the waves each morning and staying aware. Surfing as a unit not only helps us to assist one another with difficulties, but allows us to communicate our plans with one another.

The Nature of our Outings

Our trips are cooperative group adventures. This format gives you, the participant, more control over your experience. By cooperative we mean that we all play an active role on the outing, loading gear, making meals and cleaning dishes. Being a group, we realize that this is a collective experience and are aware of the need to work together. Listening to one another's concerns and desires helps us to direct our efforts toward the best group experience. Within the parameters of safety the trip leaders will do as much as possible to help each person explore surfing and the ocean environment. We will be camping in tents, sleeping in sleeping bags and preparing our own food for breakfast, lunch and some foil dinners at the beach. We will have bathrooms and showers at our campground.

Although the opportunity exists for each of us to step outside our comfort zones to try something new and exciting, participants are not required to do any surfing activity that they believe is too difficult. With safety and fun as our goals, it is important that each person feels confident and enjoys the activities in which he/she participates. As a University sponsored outing, it is important to recognize that UMD prohibits alcohol or illegal drug use at any time on the outing.

Food

Most of the time we will provide your meal. On some occasions you will be purchasing your own dinner at local restaurants. It's important for us to buy foods that you like to eat. We'd like your input in planning the menu for the trip. To facilitate this, we will be asking for your help in menu planning at our pre-trip meeting. Below is a sample menu to give you an idea what type of food we've had on previous outings.

Breakfast

Bagels and cream cheese, fruit, cereal, milk, granola, oatmeal packets, baked goods, coffee, hot cocoa

Lunch

Cheese and crackers, sandwiches (meats, P.B&J, tuna...), hummus wraps, cookies, apples, oranges, chocolate, nuts, chips, candy, energy drinks, water

Dinners

Pasta, Rice, Steamed Vegetables, Grilled Meats, Burritos, Fajitas

Just a reminder that although we provide plenty of food, individual eating preferences make it difficult for us to ensure that everything is available every day. If you cannot be without certain foods, we welcome you to pick them up when we stop at grocery stores.

Group Equipment (provided by UMD):

Ground transportation (mini-vans)
Camping equipment: as necessary
Water containers and water (2.5 gallon dromedary water bags)
Tents (3-4 person)
Butane camp stoves, Charcoal Starter and charcoal
Butane lantern (Coleman®)
Cook kits (4 and 6 person kits)
Serving utensils (Spoon, Spatula, pasta server)
Ice chests & paper towels
First aid kits
Surf boards: Surf Tech soft tops and epoxy boards of various lengths (6'6"-9'0")
Stand-Up Paddle Boards (9'6" -12') and paddles
Surfboard accessories- fins, leashes, and replacement parts
Wetsuits: UMD 5mm wetsuits and booties
2 Mask & Snorkel set ups to share

Personal Equipment (you bring):

To help you with your packing, we have included the following Personal Equipment list. This list includes all equipment necessary for the entire trip. Please Note: We recommend that all valuables such as jewelry be left at home. Proper clothing and equipment are essential for a successful outdoor experience. We have compiled this detailed description of clothing and gear to help you decide what you will need for your surf camp outing.

Clothing

There are two major rules of thumb here. First off, the best policy is to dress in layers so that you can add layers if it is cold and take off layers if it is too hot. Keep in mind that more, thin layers are better than fewer, heavy layers because they pack better and give you more flexibility. You should bring 2 t-shirts, 1 long-sleeved shirt, a hooded sweatshirt and warm hat for at night! The second rule of thumb is to make sure that you bring some warmer layers that are NOT COTTON. Cotton will not keep you warm when it is wet and will take a long time to dry. A few considerations: wind layers...it is often windy in the evening, wind layers will increase comfort! The other must is rain gear -- you can't always predict the weather!

Required Footwear

Booties must be worn when ever you are surfing. Your shoes will get wet and dirty. Flip flops are acceptable. In addition, bring a pair of skateboarding or tennis shoes so you can do some longboard skateboarding or hiking around our campsite.

Other Necessary Equipment:

Individual Mess Kits (thermal cup, bowl, spoon and fork)

Sleeping: You should have a synthetic sleeping bag that you can stuff into a stuff sack. Synthetic sleeping bags are recommended because if they get wet, they will still keep you warm. The nights will not usually dip below 40 degrees. Sleeping pads are required because they will make your nights more comfortable and will keep you insulated from the ground.

Water Bottle & Snacks: Bring TWO bottles that hold around 32 oz each. Be prepared to pick up some snacks that do not melt or crush easily so you can eat in between meals. The cool water and general physicality of surfing will prompt the need to take in more calories. It's also nice to eat a snack to reduce the salt taste in your mouth and help settle your stomach if you swallow some salt water.

Sunscreen and Sun Protection: Regardless of where you are, it is necessary that you have (and wear) sunscreen and a hat with a brim that keeps the sun off your face. Your sunscreen should be SPF 15, at the minimum. Lip balm with sunscreen is also a good idea. A rash guard with a high neck design is a great purchase to help reduce neck abrasion from the wetsuit and reduce sunburn. Remember, a thin long-sleeved shirt and thin pants make great sun protection! Sunglasses and something to help you keep them on (Chums etc.) are a necessity. Protect your eyes! Swim goggles or a mask will allow you to look down at the marine life while paddling a board.

Flashlight/Headlamp: Bring one! They are necessary for maneuvering around at night.

Toiletries and Medication: Simplify your life and be sure to bring only what is necessary. Travel sized items that you can purchase in the grocery store are great because they take up less space and weigh less. If you take medication regularly, think ahead and bring what you will need with you. Some sort of protective packaging is great so that if your gear gets wet, you will still have dry medication. Contact cases, solution and eye drops are good to remember if you need these things. Medications such as aspirin, pepto bismol, sore throat lozenges, sinus medications, Neosporin with pain relief etc. are not part of Group First Aid Kit. If you feel it's necessary to have these, we recommend that you bring such medications.

If you have any questions about the equipment that you should bring on the trip please contact Randy Carlson at rcarlso6@d.umn.edu or 218-726-6177 office or 218-391-8134 cell.