



Santa Barbara  
**ADVENTURE COMPANY** LLC  
*Classic Adventures on the Central Coast Since 1998*

## GENERAL INFORMATION

### SANTA CRUZ ISLAND KAYAKING – CAMPING TRIPS

**Please be sure to read and understand all of your documents well in advance of your trip.** If you have any questions please contact the Santa Barbara Adventure Company office - we will be happy to help you.

#### **PARKING:** Parking Regulations for Ventura Harbor Village

June 12, 2010 through Sept 12, 2010 Saturday, Sundays & Holidays Monitored 6 a.m. to 6 p.m. The first two hours are at no charge, there after it is \$ 2.00 per hour, to a maximum of \$ 6.00 per day. Each car will receive a time stamped permit at Ventura Harbor Village Entrance #2 (then drive down to Island Packers office at Lot #4). The fee will be paid when exiting the lot. Lots are unmonitored Monday (non holidays) through Friday.  
(Fees are exempt for handicap parking)

#### **SEA SICKNESS**

##### **How to avoid sea sickness**

- 1) **Rest.** Get plenty of rest prior to starting your travel plans. A body that is well rested is better able to handle the stressors associated with traveling.
- 2) **Stability.** Choose the right place to sit. Avoid sitting inside in the galley; choose a seat on the upper deck.
- 3) **Sit.** Do not stand. Standing will have your body in a constant state of trying to maintain balance.
- 4) **Focus.** Keep eyes focused on the horizon or on a stationary object that is off in the distance.
- 5) **Don't read.** Reading will have your eyes moving and stimulating signals that can trigger a sudden onset of motion sickness.
- 6) **Don't travel on a full or empty stomach.** If you start to feel ill, eat some crackers and a carbonated beverage to settle your stomach.
- 7) **Hydrate.** Dehydration while traveling can aggravate motion sickness. Drink plenty of water.
- 8) **Dramamine or Bonine.** Take an over-the-counter medication for motion sickness or an over-the-counter antihistamine. Especially if you are a person that already knows they are susceptible to motion sickness. These medications can make you drowsy or cause other side effects so use with caution.

**PACKING:** Island Packers has limitations on size, weight, and types of gear that can be transported because of the difficulty of transferring it ashore and the limited storage space available on board the vessels. **Please be aware that Island Packers will not transport items that weigh more than 45 pounds.** Cargo space is limited, so please try to limit the number of 45lb bags you bring to equal to or less than the number of nights you will be staying on the Island. **All camping gear must arrive 1 HOUR prior to departure time.** Nothing should be hanging from backpacks. **All trash must be packed off the Island and no fires are allowed. Do not pack fuel or flammable liquid containers in baggage,** as it must be stored in a separate location on the boat during travel for safety reasons.

**Island Packers will NOT transport the following:**

Cardboard boxes	Water Containers over 3	More than 2 scuba tanks
Carts, dollies, or wagons	gallons	per person
Items stored in paper or plastic bags	Loose Gear	Glass containers
	Outboard Motors or Rubber Roads	

*\*As with all types of travel, transportation times and days may have to be altered due to inclement weather and/or sea conditions. Since there are no provisions on the islands it is suggested you pack a small amount of extra provisions should you need to use them.*

**SUGGESTED PACKING LIST:** This list is just a recommendation. Please bring whatever you feel you need to be comfortable while camping.

**Boat Ride –** You will be traveling to the Island via boat. Weather can be clear to windy or overcast all in the same day, so please dress in layers.

**Kayaking Clothing and Gear –** We will happily provide polypropylene shirts, paddle jackets, and wetsuits if desired. We will also provide life jackets and helmets for kayaking.

- Bathing Suit
- Board Shorts or Water Shorts
- Synthetic Layers (polypropylene, capilene) – we recommend not wearing cotton while kayaking
- Water Shoes (Tevas, Keens, Chacos, etc) are strongly encouraged. Please no flip flops. Old tennis shoes work just fine, as long as you have another pair to wear for hiking. Bring a shoe that can stay on your foot as you walk in surf or rocky beaches.
- Hat - Brimmed Hat or Cap
- A towel
- Waterproof sunscreen – SPF 30 or higher
- 1-quart (or greater) water bottle with water
- Sunglasses with a neck strap such as "Chums" or "Croakies" - Your glasses may get lost without a neck strap.
- Hiking shoes
- Waterproof camera (optional)
- Seasickness medication or any other necessary medications
- A watch – if you hike, you'll want to ensure you are back at the boat on time

Cell phone users: operation is spotty or non-existent on the crossing and at the Island. Turn your phone off when not in use or the battery will die from trying to make a connection.

Although we offer dry bags to help keep gear dry while kayaking, everything that comes on the kayaking trip runs the risk of getting wet. We therefore recommend that you only bring personal gear that can get wet or damp during the kayak portion of the trip. Items that must stay dry, such as cameras or other electronic devices, change of clothes, or personal effects should stay in your backpack or at home.

**Clothing for Camping** – Bring Multiple Layers. Weather can vary greatly on the Island, from moist and foggy to sunny and windy. Be prepared for varying temperatures.

- Hiking Boots or Tennis Shoes
- Windbreaker
- Jacket
- Fleece
- Beanie
- Hat
- Gloves
- Shorts
- Long-Sleeved Shirt
- Short-Sleeved Shirt
- Thermal Shirt and Pants
- Synthetic or Wool Socks
- Refillable Water Bottles
- Day Pack

**Camping Gear** – We will provide kitchen utensils, stove and propane, and 3-person tents (there is a \$10 charge per tent, please request them in advance).

Sleeping Bag

Sleeping Pad

Pillow

Flashlight or Headlamp

**PROVIDED KITCHEN ITEMS** – made to accommodate the size of your group

Plates, bowls, mugs, cups, silverware

Strainer

Pots

Frying Pan

Bowl w/lid

1-Cup Coffee Filter

Cutting Boards

Knives

Spatulas, large spoon, slatted spoon

Measuring cups

Salt & pepper

Dishtowels and potholder

Can opener

Wine opener

Lighter

Dishwashing tub, dishsoap, sponge

Trash bags, plastic bags,

Hand sanitizer

Flashlight

### TIPS FOR MEAL PLANNING ON THE CHANNEL ISLANDS

Because the time available for you to explore the Island is precious and limited, don't let it be consumed by chores. To make the most of your time, it is recommended you minimize campsite food preparation to the greatest degree possible by doing everything you can in your kitchen ahead of time (washing, chopping, sautéing, cooking), and bringing your entrées to the Island in as near a state of completion as possible; saving you the headache of lots of messy pans and utensils, garbage, and lost time.

**DINNER** – Some meals lend themselves well to pre-prep and camping conditions: soups, stews, chili, pasta and sauce. Choose dishes that don't scorch easily. **Barbecuing and open fires are not allowed and all trash must be packed out with you.** There are no trashcans on the Island.

**LUNCH** – Prepare sandwiches and wrap for consumption on the first day. The second day's lunch should be prepped in camp on the morning of the second day and will be taken with us in the kayaks.

**BREAKFAST** – Plan for a speedy exit in the morning; the sooner we get going, the better the kayaking conditions and the more caves and sea life we'll see. If you can, avoid the time-intensive breakfasts. Opt instead for oatmeal, cereals, bagels, muffins, and fruit.

**CAMPGROUND:** Scorpion Ranch Campground is ½ mile from the dock. The hike to the campground is along a flat, dirt trail and takes approximately 10 minutes. Visitors must carry all gear to the campgrounds. A cart will be provided by SBACo to assist in your transportation of gear. See section on cart use and packing, below.

Camping conditions are primitive, and users must camp within designated areas. All campgrounds are equipped with picnic tables and pit toilets. Potable water is available and we will provide a water container for you to fill up at the site. No trash containers are provided; campers must pack out their own trash. No fires are permitted. To prevent scavenging animals from entering your site, please store all food in food boxes provided.

## **CART USE**

The National Parks Service has been kind enough to let the kayak companies use carts to transport gear - and we enjoy sharing that privilege with our guests.

**If a guide is on the Island when you arrive**, they will bring a cart to the end of the pier upon your arrival so that you may transport your camping gear to the campground.

**If you arrive on the Island prior to a guide** (i.e. you are camping for two nights and not kayaking until the second day), we will send you further information on obtaining the cart.

DO NOT, under any circumstances, loan out the cart to other campers - even if they beg you or offer you money or other items. Return the cart IMMEDIATELY after unloading gear and lock it to the picnic table. Upon departure, use the cart to take camping gear to the pier and lock the cart back up immediately after doing so.