



GENERAL INFORMATION

SANTA CRUZ ISLAND KAYAKING – DAY TRIPS TO SCORPION RANCH

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.

ARRIVAL

Please arrive on time. Your check-in time is calculated to allow ample time to park and unload gear at the dock. If meeting your guide at the dock, locate your guide near the loading ramp (they will be wearing SBACo gear), fill out your Risk Waiver Forms, and receive your boarding passes. If you are meeting your guide on the Island, check in at the Island Packers' office to receive your boarding and return passes and be ready to board the boat 15 minutes prior to departure time. Depart the boat at the first drop-off location, Scorpion Ranch.

Parking at Ventura Harbor: Parking Regulations for Ventura Harbor Village

All overnight visitors will need to acquire a Parking Pass at check in and park in the long term parking. There are no fees for parking. Additionally, there are parallel parking spaces on Spinnaker Drive for day trip passengers ONLY. If you park your car in one of these spaces overnight, you will be ticketed.

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.** 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 knows they are susceptible to motion sickness. These medications can make you drowsy or cause other side effects so use with caution.

Directions to the Island Packers Dock at the Ventura Harbor: (most trips leave out of Ventura Harbor, check you confirmation to make sure this is your departure site)

- Southbound 101 (from Santa Barbara): Take Seaward Ave. exit. Turn left on Harbor Blvd. Go approximately 1 ¼ miles. Turn right onto Spinnaker Dr. After ½ mile you will see a parking lot on your right. Park and look for the Island Packers dock/office.
- Northbound 101: Take Victoria Ave. exit. Turn left onto Victoria Ave., go ½ mile, turn right onto Olivas Park Dr. Olivas Park Dr. takes you to The Ventura Harbor and becomes

Spinnaker Dr. After ½ mile you will see a parking lot on your right. Park and look for the Island Packers dock/office.

THINGS TO BRING

IMPORTANT: Limit the weight of any one item to no more than 45 pounds!

The Channel Islands National Park is a remote location and there are no medical services on the islands. Please bring any medications you may need and plan accordingly.

Food & Water for the day. SBACo is not permitted to provide any food and there are no food vendors on the island. Please bring a lunch, snacks, and water. No glass containers please. Food should preferably be inside hard containers or a pack that can be zipped up and stowed away while we are kayaking. We have some dry bags on the Island and it's probable you will take snacks with you on the kayak(s) so pack accordingly (pre-packed, ready-made food in sealed plastic bags). There is a small snack bar on the boat.

A Pack. Bring your items in a duffel bag or daypack. There may be time for hiking after we kayak, so a backpack is the best option if you plan to hit the trails. Your bag should hold all of your personal items for the day.

Clothing. You will be traveling to the Channel Islands National Park via Charter Boat. The weather can be clear to windy or overcast all in the same day. Please dress in layers, wearing synthetic clothing (avoid cotton if possible) and bring a windbreaker for the boat ride back. Remember to pack just what you need as you will have to carry your equipment off the boat.

Paddling clothes. You will want to wear a swimsuit or board shorts while kayaking (you will get wet). To save time, wear your bathing suit under your clothes in the morning; however, there is a changing area on the Island just a few minutes walk from where we keep our kayaks and gear. SBACo will happily provide paddle jackets, and wetsuits if desired. We will also provide life jackets and helmets for kayaking.

Water Shoes. (Tevas, Keens, Chacos, etc) are strongly encouraged. Please no flip flops or Crocs. 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.

A hat with a brim & Sunglasses. If you wear glasses, Please bring a neck strap to keep them on your head during kayaking. We have had several guest loose glasses in the water and waves. 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 should stay at home.

Other items you may wish to bring.

- A towel
- Waterproof sunscreen – SPF 30 or higher
- 1-quart water bottle
- Sunglasses with a neck strap such as "Chums" or "Crookies"
- Hiking shoes
- Waterproof camera (optional)
- Seasickness medication
- A watch – if you hike you'll want to ensure you are back at the boat on time
- Cell phone users: coverage is spotty. Turn your phone off when not in use or the battery will die from trying to make a connection.
- Cash: if you want to tip your guide & the ferry boat sells snacks & drinks

Weather Cancellation Policy for Charter Boat

In case of unfavorable weather or sea conditions, the charter boat company will cancel at 5:30am on the day of your trip. On the morning of your departure, after 5:30am, please call 805-642-1393, select option 4 and listen for the status of your trip.