



PLANNING A CAMPING TRIP ON SANTA CRUZ ISLAND

1 DAY OF KAYAKING WITH CAMPING

If you are planning to camp on Santa Cruz Island and would like to kayak for 1 day, we ask that you make your own reservations for camping and ferry transport. Once you have made those arrangements, we can help with the guided kayaking portion of your trip. If you have any questions please contact the Santa Barbara Adventure Company office - we will be happy to help you.

Making your Camp Site Reservation - www.recreation.gov

You will need to book your campsite with the National Park Service. The website is www.recreation.gov. The facility you want is Channel Islands or Santa Cruz Island. You will want to stay in Santa Cruz Scorpion (CA). The campground has an Upper Loop and Lower Loop. All the group sites are in the Upper Loop, this area is further to hike to. Print out your confirmation and take it with you on your trip.

Making your Ferry Boat Reservation – Island Packers 805-642-1393

You will need to call Island Packers to make your ferry boat transportation reservations. If you are kayaking the first day, please make sure you are on the same departure time as our other guests.

Making your Kayaking Tour Reservation - Santa Barbara Adventure Company 805-884-WAVE (9283)

Once you have made your camping and ferry reservations call our office to book the kayaking portion of your trip. Please book these reservations as far in advance as possible as there is limited space for camping, ferry boat seats and on kayaking tours.

Options for Camp Food - Channel Islands Provisioners - 805-753-3375

If you want to have prepared meals for your trip because you are traveling or otherwise, Channel Islands Provisioners can be contracted to deliver a cooler, prepared meals and a camp kitchen for you at the dock.

ADDITIONAL INFORMATION TO HELP PLAN YOUR TRIP

PARKING: 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.

CAMPGROUND: Scorpion Ranch Campground is ½ mile from the dock (the Upper Loop is further).

The hike to the campground is along a flat, dirt trail and takes approximately 10 minutes. Visitors must carry all gear to the campgrounds.

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.

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

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 per
Carts, dollies, or wagons	gallons	person
Items stored in paper or plastic	Loose Gear	Glass containers
bags	Outboard Motors or Rubber	
	Rafts	

**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.*

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.

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.

Santa Barbara Adventure Company www.SBAdventureCo.com
Email: letsgo@sbadventureco.com Reservations Line: (805) 884-9283

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

Kayaking Clothing and Gear – We will happily provide 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

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
- Shorts
- Long-Sleeved Shirt
- Short-Sleeved Shirt

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 – Prepared sandwiches and wraps.

BREAKFAST – If you can, avoid the time-intensive breakfasts. Opt instead for oatmeal, cereals, bagels, muffins, and fruit.

Another option: Channel Islands Provisioners can be contacted and they will provide prepared meals and a camp kitchen. Reservations are required for this service. Phone 805-758-3375 web: cip.bz

- Fleece
- Beanie
- Hat
- Gloves
- Thermal Shirt and Pants
- Synthetic or Wool Socks
- Refillable Water Bottles
- Day Pack

Camping Gear

Sleeping Bag and Pad
Pillow
Flashlight or Headlamp
Camp Stove
Camp Kitchen