



Santa Barbara
ADVENTURE COMPANY_{LLC}
Classic Adventures on the Central Coast Since 1998

GENERAL INFORMATION

MULTI DAY ISLAND LIVE ABOARD 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.

DRIVING DIRECTIONS:

From the South: Take Hwy 101 north of Montecito to the Cabrillo Exit (left side of Highway). Turn left at the stop. Follow Cabrillo Blvd (approximately 5 miles) past Stearns Wharf to Harbor Way. Turn left into the Harbor. Enter the harbor at the kiosk; Follow the signs to boat launch area. We will meet you at the "Sea Landing" at the end of the Harbor.

From the North: Take Hwy 101 South. As you enter the Santa Barbara area, take Castillo Exit. Turn right at the end of the off ramp. Follow Castillo Street towards the beach. Turn right onto Cabrillo Blvd. Follow Cabrillo Blvd (approximately .5 miles) to Harbor Way intersection. Turn left into at Harbor Way. Turn left again; enter the harbor at the kiosk. In the harbor, go back towards the pier. Follow the signs to boat launch area. We will meet you at the "Sea Landing" at the end of the Harbor.

PARKING: Parking Regulations for Santa Barbara Harbor

Parking inside the lot is \$12 per day but you can have your ticket validated by the Sea Landing office when you return which will reduce the cost to \$3 per day. Make sure you park in a spot designated for cars – do not park in a stall reserved for boat trailers.

PACKING: Cargo space is limited, so please try to limit the amount of gear that you bring. **All gear must be loaded on board the night before departure. All trash must be packed off the Island and no fires are allowed. Do not pack fuel or flammable liquid containers in baggage.**

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

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 paddle jackets, and wetsuits if desired. We will also provide life jackets and helmets for kayaking, SUP and snorkeling.

- Bathing Suit
 - Board Shorts or Water Shorts
 - Synthetic Layers (polypropylene, capilene)
– we recommend not wearing cotton while kayaking
 - Water Shoes (Tevas, Keens, Chacos, etc)
 - Hat - Brimmed Hat or Cap
- 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.

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- 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 "Crookies" - 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 on the boat or at home.

Clothing for Hiking– 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

Bedding – The bunks are situated dormitory style and are provided with a vinyl pad, blanket, pillow, reading light and privacy curtain. A sleeping bag is recommended for extra comfort. We can provide sleeping bags, pillows and liners at a cost of \$15 per person per night, please request them in advance).

OTHER LOGISTICS:

Departure & Boarding Times

Multi-day trips to the northern islands depart at 4am. We encourage you to spend the night on board the boat the night before departure, you may board beginning at 8pm. Trips usually return to the dock by 5pm.

Food & Beverage

All multi-day trips include a hot breakfast, lunch, dinner and dessert. Snacks, fresh fruit, cookies, candy, hot and cold drinks are also available throughout the day. We do not provide alcoholic beverages. You are welcome to bring any beverages and preferred snacks on-board. **Be sure to notify us in advance if you have any special dietary needs.**

Zero Tolerance

As mandated by the Coast Guard, no illegal drugs are permitted on board.

Manifest/Roll Call

It is imperative that each group member print their name on the boat manifest upon arrival. The manifest is located on a table at the entrance to the galley. No roll call is taken before departure and it is the individual's responsibility to be sure everyone in the party is onboard before departure.

Fishing

Anyone taking game must have a California Fishing License and appropriate tags/report cards. You may purchase these at the SEA Landing office before your trip. Please adhere to all Fish & Game regulations. Regulation books will be available on board

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.