



# SANTA CRUZ ISLAND ADVENTURE BACKPACKING AND KAYAKING TRIP ITINERARY AND EXPECTATIONS



Spend 4 days playing hard with new friends on Santa Cruz Island! We will be hiking the island trails, snorkel, beach-comb, trek together, kayak, relax in camp, and enjoy meals with your fellow participants in this beautiful island environment. This is a fantastic trip for someone wanting a unique and rewarding kind of island experience!

Meeting at UCSB, we will journey together to Ventura Harbor where we will load our gear on a boat bound for western Santa Cruz Island's Prisoner's Harbor and enjoy a scenic ride to the island together. We will begin our first night camping in the National Park backcountry to rest up for a trans-island backpack to the eastern portion of the island. There, we will stay two nights camping at Scorpions Cove and take a kayak tour with Santa Barbara Adventure Company before returning via Island Packers back to the mainland. Prepare for island life!

**Minimum Experience Level:** Good physical fitness, volunteer spirit.

Sample Itinerary:

**Day 1:** Drive to Ventura Harbor from UCSB. Island Packers Boat to Island. Arrive at the island at Prisoner's Harbor, unload our gear. Backpack to Del Norte campground. Camp for night.

**Day 2:** Backpack over East Santa Cruz Island to Scorpion Anchorage (11mi). Set up camp, dinner, clean-up, camp under the stars with the island foxes!

**Day 3:** After having breakfast, clean-up, pack-up. Meet our kayak guides and explore the caves and coves of eastern Santa Cruz Island by kayak! Snorkel, beach comb, hike. Day hike in the late afternoon.

**Day 4:** Again we will serve breakfast and prepare for another fun day at the island. We will spend the morning continuing to explore the island. Perhaps we will discover some Chumash relics or spot a bald eagle or island fox. Then we will pack up and hike back to the beach sometime early afternoon to prepare for our return to the mainland.

**Meeting Time & Location:** We will meet you at **UCSB RecCen at 6:00AM** on the first day of the trip and drive by carpool from Santa Barbara to the Ventura Harbor. Please be on time since we need to make sure to connect with a boat in Ventura (about an hour drive,) and the boat will not wait for us. The boat departs the harbor **ON TIME!** Island Packers is a ferry service and similar to an airlines, leaves on time no matter who is on board or not. Please be on time and remember there are **no refunds if you miss the boat**. Participants who become seasick easily are encouraged to bring over-the-counter seasickness remedies for the boat ride. Please consult us for specific recommendations. As an Island Packer baggage standard no bag may weigh more than **45lbs**, please pack carefully.

**UCSB Adventure Programs Provides:** Van transportation from UCSB to Ventura Harbor, hence to Santa Cruz Island via Island Packers, First Aid Kits, Group Cooking Gear, Breakfasts and Dinners while Camping, \*Camping Fees, Island Packers Fees, Santa Barbara Adventure Company fees, Guides.

**Participant Provides:** All Equipment described on the Packing List, Lunches while on the Island, and sense of adventure!

**Meals:** If a meal is planned with meat we prepare the meal so non-meat eaters can take their portions before the meat is added. If you have any special dietary restrictions please be sure to notify the trip leaders when they contact you.

**Group Experience:** The trip guides are there to be used as a resource. The work involved during the trip is a group responsibility. We hope everyone will do their fair share of the cooking, cleaning and equipment moving. Everyone also has a responsibility to the group with respect to responsible behavior

and being on time to meals and departures. Always inform the leaders of your plans if you wish to head off from the group. The leaders will inform you if such actions are appropriate given the circumstances at that time.

**Environmental Concerns:** UCSB Adventure Programs is a proud member of “Leave No Trace.” As a group in the outdoors, we would like to cause as little impact as possible by following the 7 principles outlined by the Leave No Trace Center for Outdoor Ethics. The trip leaders have information that discusses low impact camping and the 7 principles; please take a moment to read over it before you start your paddle and camping experience. For more information, please check out [www.lnt.org](http://www.lnt.org)

**Feminine Care Information for All Participants:** Outdoor adventures typically causes a change or increase in your physical activity level and may alter your menstrual cycle. We understand that feminine care may be a concern and we have several suggestions to help you manage your needs on the trip.

To be adequately prepared, please bring the following:

- Twice the number of tampons, pads, or panty liners you normally use during a cycle. Since you are going to out in the wilderness for a long period of time, plan to bring enough for 2 to 3 cycles.
- 4 to 5 large zip-lock plastic bags (freezer grade quality)
- 2 travel packs of feminine or baby wipes
- 2 travel size bottles of instant hand sanitizer or anti-bacterial soap that does not require water
- 2 extra bandanas (useful for keeping dry when not menstruating)
- An opaque carrying bag you can use to store the zip-log bags containing used products until you can dispose of them. Some suggestions:
  - Place duct tape around the zip-lock bags
  - Bring a small zippered cosmetics case
- Extra underwear – two to four pairs
- At Adventure Programs, we practice Leave No Trace camping techniques. Therefore, we pack out all that we pack in. This means you will be expected to store used products until you reach the front-country at completion of the trip.

If you need any help or guidance, your trip leaders are very experienced in helping you solve feminine care concerns while you are on your trip. Don't hesitate to ask them any questions you may have on how to deal with a challenge.

**No Drugs or Alcohol:** University regulations and program policies do not allow alcohol or drugs on this trip. Thank you for your cooperation.

### ***UCSB ADVENTURE PROGRAMS***

[www.GauchosPlay.com](http://www.GauchosPlay.com)

*(805) 893-3737*

**Refund Policy:** Once an offering is **full**, you will be offered a refund (less **\$20 service charge**) **only** if someone **pays** for your spot. If the offering is **NOT** full:

- 30 or more days before the course date- Full refund less \$20 processing fee.
- 29 to 8 days before the course date- 50% refund less \$20 processing fee.
  - Less than 8 days before the course date- no refunds available.

*For information on other programs we offer, find us at [www.GauchosPlay.com](http://www.GauchosPlay.com)*

