

Catalina Trip Bring and DO NOT Bring list

BRING:

- Sleeping bag with pillow
- 2 towels (one for showering and one for snorkeling)
- swimwear (2 if possible)
- money (for buying Catalina sweaters and other souvenirs)
- flashlight (for night activities)
- clothes so you can dress in layers (temperatures vary every year)
- chapstick
- sunblock, hat, sweaters, sunglasses
- any medicine you need (inhalers, epi-pen, allergy med, etc.)
- sea-sickness medicine (if you need it)
- toiletries (shampoo, soap, contact lens stuff, etc.)
- snacks (needs to be in zip-loc bags due to mice/ants)
- **LUNCH FOR FRIDAY** (we will be fed every meal after that)
- closed toed shoes (for our hikes)
- flip-flops (for snorkeling)

DO NOT BRING:

- There is no signal on the island...so no need for a phone (but you can bring it to call parent/guardian on our way back)
- ipods/music players can only be used in your cabins and not during programs so are not recommended to bring with you
- Do not bring spear-fishing items
- Do not bring your own wet-suit
- Do not bring any snorkel/scuba gear (they will provide you with everything)
- ANYTHING VALUABLE...the cabins have no locks

We will meet in the STAFF PARKING LOT (in front of school) at 6am on Friday 3/6! We will leave very shortly after that. Please put your names on your bags.

We will be back at SDA on Sunday 3/8 around 4:30pm