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SANTA CATALINA EQUIPMENT LIST

Days will be spent being active! Comfortable, sturdy shoes and clothing for changeable weather are crucial. By following the list below, you will be providing the elements your child will need for layering. Layering will keep them comfortable no matter what the weather will bring. Students will be sleeping in canvas sided tent cabins. Warm clothing layers may be especially important to stay warm in evenings and mornings. Naturalists at Large believes that students learn best in the outdoors when they are comfortable and confident, prepared with the essential clothing and gear. Please do your best to locate, borrow, buy, or improvise on the following list:

SLEEPING:

- Sleeping bag (rated to 30 degrees or lower)
- Optional: twin size sheet to cover mattress, pillow

DAYPACK:

- Day pack capable of holding a lunch, **2 one-liter** water bottles, rain gear and notebook

CLOTHING:

- Wind breaker OR light jacket
 - Poncho OR rain jacket with hood and rain pants
 - Warm hat (ski hat) and mittens
 - Gloves or mittens (optional)
 - Warm jacket and sweater (wool or fleece: no cotton)
 - Boots (well broken in) OR **STURDY WALKING SHOES**
 - Shoes for water wear, ie. aqua socks or surf booties (ideal), sports sandals (**must have heel strap**, no flip-flops) Canvas sneakers,— these shoes will be wet for the entire program
 - Synthetic shirt for water activities (cotton cannot be worn in water)
 - Jeans or sweatpants
 - Shorts or Hiking Pants for walking*
 - Heavy wool or synthetic socks (cotton does not retain heat when wet)
 - Lightweight synthetic socks
 - Underwear (number appropriate for trip length)
 - Swimsuit (we recommend at least 2)
 - Shirts (long sleeves* and short sleeves)
 - Pajamas
- *Light colored long sleeves will make ticks easier to find

**NOTE: PLEASE PACK
ALL EQUIPMENT IN A
DUFFEL BAG OR
BACKPACK**

Please do not bring many loose items. Mark everything you bring!

OTHER ITEMS:

- HAT WITH BRIM (Baseball cap is okay)
- Sunglasses with strap
- Sunscreen (with a SPF of 15 or better) and lip balm
- Journal and pen/pencils
- Bath towel or Beach Towel
- Toiletries (toothbrush, soap, etc.)
- REQUIRED MEDICATIONS (enough for the entire trip)
- Small flashlight or headlamp with fresh batteries
- Watch with alarm clock
- Extra glasses? Contacts if possible for snorkeling
- Bandana

EATING AND DRINKING:

- Water bottle: **2 one-liter/quart minimum**

OPTIONAL EQUIPMENT: Camera, board games, binoculars, reading material

DO NOT BRING: pocket knives, personal music devices, speakers, electronic games, gum, junk food, cell phones (they do not work on most sites and may be damaged or lost on program).

NATURALISTS AT LARGE WILL NOT BE RESPONSIBLE FOR LOST OR DAMAGED PERSONAL BELONGINGS.

SANTA CATALINA EQUIPMENT LIST CONTINUED

**CONTAINED IN YOUR DAYPACK, FOR THE BOAT RIDE TO CATALINA,
YOU NEED TO BRING YOUR:**

- Windbreaker
- Hat with brim
- Water bottle
- Sunscreen
- Sunglasses

NOTE REGARDING SNORKEL EQUIPMENT:

Naturalists at Large supplies all students with snorkel equipment. If you bring your own equipment we reserve the right to inspect it for safety defects. Mark all personal equipment clearly with waterproof ink! All snorkeling is done under NAL supervision; **there is NO opportunity for individual dives.**