

CATALINA ISLAND ADVENTURE CAMP

SUNDAY THRU FRIDAY

WHERE:

We will camp at Little Fisherman's Cove Campground on the Isthmus (Two Harbors) of Catalina Island.

HOW:

Be at LAVC by 9:30 AM Sunday morning. The recliner bus will leave from LAVC (Hatteras Street – Lot E – Stadium Lot) at 10:30 AM. We will ride the 12:30 PM Catalina Express Boat from the San Pedro Catalina Terminal to Two Harbors. We will return to Valley College (Hatteras Street – Lot E – Stadium Lot), at approximately 8:00 PM, Friday evening (Traffic permitting).

PHONE #'S TO KNOW:

Monarch Camp Office (818) 304-3016

MISCELLANEOUS INFORMATION:

- *There is a small general store, restaurant and ice cream parlor located at the Isthmus, approximately 1/4 mile from the campground. Stoves, tables, water, restrooms and cold showers are located at the campsite, which overlooks Isthmus Cove. **This is an outdoor camping experience. Campers will be sleeping under the stars, on their plastic tarps.***
- *We will supply all meals for the trip, **except lunch on the Catalina Express Boat Cruise (pack a sack lunch).** Although counselors will be doing the major meal preparation, all campers will be required to participate in the preparation and clean-up process of camp meals. This includes the washing and drying of their own dishes and utensils.*
- *Available activities include Paddle Boarding, Snorkeling, Fishing, Kayaking, Swimming and Nature Hikes (Tide Pools, Flora, etc.) Counselors will lead different daily activities.*
- *Heavy items will be shuttled by truck to the campsite. Campers must walk approximately 1/4 mile to the campground from the boat dock with their portable belongings.*
- ***Motion sickness:** All participants should consult their physician regarding motion sickness medication. There is a risk that any medication may result in an adverse drug interaction. Please consult your physician before taking any medication. We have found that “Bonine Tablets” (over the counter medication) seem to protect against seasickness without drowsiness.*

- ***Pictures of previous Adventure Camp trips can be viewed on our Monarch Adventure Camp “Facebook” Page. www.facebook.com/MonarchAdventureCamps You do not need to join Facebook to view the pictures.***

If there are any questions, please contact Monarch Camps at (818) 304-3016

*See You In Catalina,
Catalina Island Adventure Camp Staff*

YOUR RESPONSIBILITIES:

- **Be at LAVC (Hatteras Street – Lot E – Stadium Lot) by 9:30 AM, Sunday morning**
- **Pack a Sack Lunch & Snack for Sunday on the boat**

WHAT TO BRING (PACKING LIST)

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|---|---|
| <input type="checkbox"/> Sleeping Bag (Necessity) | <input type="checkbox"/> 2 Pairs of Tennis Shoes (An Old Pair for Water Activities or Water Shoes) |
| <input type="checkbox"/> Metal or Plastic Cup and Plate, Eating Utensils (clearly marked with your name) | <input type="checkbox"/> Swimsuit and Towel (A pair of thongs or flip-flops are nice to have) |
| <input type="checkbox"/> 1 Wire Coat Hanger (Roasting Marshmallows & making bread sticks) | <input type="checkbox"/> Toothbrush and Toothpaste |
| <input type="checkbox"/> Ground Cover - Plastic Tarp - (No Tents: we will be sleeping under the stars) | <input type="checkbox"/> Towel and Soap for Shower |
| <input type="checkbox"/> Foam Pad or air mattress – Optional | <input type="checkbox"/> Suntan Lotion - Sunscreen for Face (SPF #15 or Higher w/UVA & UVB Protection) |
| <input type="checkbox"/> 2 Extra pair of socks | <input type="checkbox"/> Flashlight (with fresh batteries) |
| <input type="checkbox"/> Short Pants or Extra Swimsuit | <input type="checkbox"/> A disposable camera (You don't need your dad's good one) |
| <input type="checkbox"/> 1 Long pair of jeans or fleece pants | <input type="checkbox"/> Fishing Pole and Reel -- Optional, but nice to have. |
| <input type="checkbox"/> 2 light shirts or T-shirts | <input type="checkbox"/> Mask, Fins and Snorkel (Skin Diving). Equipment is available for rent at the Isthmus Dive Shop. |
| <input type="checkbox"/> Extra underwear | <input type="checkbox"/> Sending money - \$40 - \$50 – Optional but nice to have |
| <input type="checkbox"/> Jacket | |
| <input type="checkbox"/> Cap or Hat With Sun Visor (Necessity) | |
| <input type="checkbox"/> Sunglasses (Necessity) | |

A FEW COMMENTS: You do not need an expensive Mask, Fins & Snorkel. All masks must pass the same safety standard. The most important factor is proper fit. A mask from a discount store will serve the purpose. Some campers bring a summer (shorty) wet suit, for insulation and buoyancy. You do not need an expensive wet suit ... The water is not that cold during the summer. Public pay phones & coin hot showers (quarters) are available at the Isthmus (By The Docking Area – Approximately 400 yards from our campsite). We suggest that campers leave their cell phones at home. Calling home only encourages younger campers to get homesick and phones are often accidentally lost, broken or dropped in the water. Our veteran staff has been conducting these trips to Catalina Island every year, for the past 30+ years. Please look at our Adventure Camp staff list for general biographical information. The trip price is a bargain. The boat ticket alone is \$70 each and the camping fees run \$110 per person. When you add in the bus fare, meals, activities and 24 hour supervision, this trip is a rare opportunity.

If you are not sure whether you should bring an item or not Leave it at home! Pack Light.

*** PLEASE LEAVE VALUABLES AT HOME!** Clearly label all of your clothing with a waterproof laundry pen for easy identification. Pack all your gear into one duffel bag and label it with your name and LAVC. **No bags or containers larger than 23"x 23"x 37" (50 lbs maximum) are permitted on the boat "No Exceptions"**. All campers must carry their own baggage onto the Boat in one trip, so keep your gear as light as possible (Suggest 30-35 lbs maximum). **Catalina Express has notified us that they will strictly enforce their baggage limits.** If your baggage is too large or heavy, we will have to leave items at the dock and you will have to retrieve them yourself!

** Make sure that we have your signed registration and release forms! **NO FORMS = NO TRIP!**

Last But Not Least ...

Bring Lots of Enthusiasm, A Positive Attitude, A Sense of Humor, and Be Ready For Fun!