

# CHANNEL ISLANDS GEAR CHECKLIST

## WHAT WE PROVIDE:

### INDIVIDUAL GEAR

- Backpack, including rain cover
- Sleeping bag
- Sleeping pad (at NBN, we use [foam pads](#) for versatility, if you would like an [inflatable pad](#), we recommend bringing your own)
- Tent (you will be able to choose a double tent to share with someone in your party or choose a single tent)
- Trekking poles
- Bug nets

### GROUP GEAR

- All cookware
- Stoves/ fuel
- Water purification
- Food: NBN will provide all food — snacks (if you have specific snacks that you like, feel free to bring them with you!), breakfast, lunch, dinner and desserts. We are pleased and able to cater to all dietary restrictions, just make sure you fill out the health questionnaire. If you have specific snacks that you like, feel free to bring them with you!

### SAFETY

- First aid kit
- Satellite phone

### SANITATION

- Hand soap
- Dish washing station
- Hand sanitizer
- Toilet paper and trowel

\*There is a very nice restroom located at camp, with two flushing toilets and sinks with running water. While there is no shower, this restroom is a very nice luxury and we thank the park service for providing it.\*

## WHAT TO BRING:

(Click the links to see examples of recommended clothing)

### CLOTHING

(Try to avoid cotton; synthetic layers will keep you dry and warm.)

- Socks—[wool hiking socks](#), 3-4 pairs
- A couple pairs of [underwear](#)
- One pair of [hiking pants](#)
- One pair of [shorts](#)
- Long sleeve shirt with hood (Protip: we call them [sunhoodies](#), this helps cover the back of the neck and ears)
- Short sleeve shirt
- [Lightweight fleece jacket](#)
- [Warm jacket](#)
- [Rain jacket](#) and [rain pants](#)
- Ball cap or wide brim hat
- Beanie
- Sunglasses
- Boots or hiking shoes (well broken-in) \*Hiking shoes will work great on the island. The hiking trails are in great condition.\*
- Camp shoes that will double as water shoes (Chaco, Teva, KEEN, Crocs, etc., something with a heel strap; gotta have your sandals at the beach!)

\*Channel Islands can be a hot place with lots of sun exposure. In addition to shorts, it is important to have a pair of long sleeve pants and shirt to keep the sun off your skin.\*

### PERSONAL ITEMS

- Headlamp
- Dramamine- motion sickness medicine for prevention and treatment for nausea (Sea sickness) (Talk to your Doctor or Pharmacist before taking Dramamine)
- Electrolyte Tablets
- Chapstick
- Sunscreen
- 2-3 liters water carrying capacity (we recommend a [bladder system](#) while hiking, and a [reusable bottle](#) to make camp life easier)
- Handkerchief
- Toiletries — toothbrush, toothpaste, floss (we recommend storing these items in a ziploc bag with your name written on it)

- Wet wipes (store these in a ziploc to portion out the appropriate amount for trip length)
- Medications

Click the link for information about [women's hygiene in the backcountry](#).

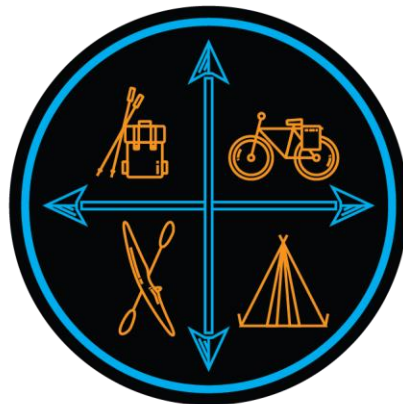
\*There is only one water source on Santa Rosa. A fresh water spicket at camp provides all the drinking water for the tour, so while hiking it is important to have a minimum of 3-liters water carrying capacity. This can be achieved with a bladder and bottle combination or just bottles, but hydration is very important on the island.\*

## GRATUITY

- Gratuity is extremely appreciated by your guide; industry standard is 15-20%.

## LUXURY ITEMS

- [Binoculars](#)
- [Camp pillow](#) \*A highly recommended accessory for a basecamp tour.
- Camera
- [Backpacking chair](#) \*There is one picnic table per campsite, guides will need the table for cooking, meal, prep, and sanitation.\*
- [Foam pad for sitting](#)



NOMADIC BY NATURE  
GUIDING COMPANY

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Feel free to bring your own gear, such as a backpack, sleeping bag, tent, etc., just bring it to the pre-trip meeting to make sure it is appropriate for the trip's conditions.

Reach out to us at any time while packing with any questions and concerns, we'd love to help!

And make sure to keep [training for the trip](#)! All of your hard work will pay off on the trail.

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