What to Bring
(Please note that SRIRS does not supply linens, sheets, towels, toiletries)

1. Medications, feminine hygiene products, allergy kits, etc.
2. Sleeping bag comfort rated to at least 40 degrees F (we provide a mattress)
3. Pillow and pillow case
4. Towel and toiletries
5. Jacket/Windbreaker
6. Layers of Clothing
7. Shoes (Some type of closed toed hiking/tennis shoe and socks)
8. Hat
9. Day pack
10. Water bottles (≥ 3 liters)
11. Sunscreen
12. Flashlight or headlamp (extra batteries)
13. Signed liability waiver

Other Items to Consider: When deciding what clothes to bring to SRIRS consider the climate (windy) and rustic conditions. Pack as minimally as possible (don’t be afraid to wear the same pants and shirt more than once), however be prepared for different weather conditions (bring layers). Other items you may want to bring include: swimwear, camera, binoculars, field guides, sun glasses, raingear (weather dependent), field notebook, pencils, and alarm clock. Please review the ‘Camper Prep’ photos and packing/gear guidelines from Island Packers for more info.

What not to Bring

1. Plastic grocery bags (single-use carryout bags) are prohibited on the island because if accidentally released they can pose health and environmental risks to threatened and endangered marine species.
2. Firearms or other weapons and fireworks.
3. Non-Native Species. Non-native, invasive species threaten endangered animals and plants on the Channel Islands and are costly to control. The following regulations and guidelines can help prevent the introduction and spread of non-native species before they become a problem. To prevent the introduction of non-native species the following items shall not be transported or delivered to the island: pets or any animal, service animals (except by permit from Park superintendent in advance of your trip), live or potted plants, soil, cut flowers, firewood or any untreated, unfinished wood (including hiking sticks), corrugated cardboard boxes, tools or equipment with attached soil or vegetative materials, motorized vehicles, and bicycles.
   Please inspect your personal gear (e.g. packs, shoes, pant cuffs) and clean off dirt, seeds and insects before departing from the mainland.

In Case of an Emergency
If there is an emergency, contact one of the individuals/agencies below and ask them to contact the Santa Rosa Island Research Station Director, Cause Hanna, Radio call Sign – 950, or Robyn Shea, Santa Rosa Island Research Station Coordinator, Radio call sign - 951.

<table>
<thead>
<tr>
<th>Emergency Communication with Individual at the Santa Rosa Island Research Station</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Gina Matibag (CSUCI Academic Support Analyst): (805) 437-3320</td>
</tr>
<tr>
<td>2. Channel Islands National Park Dispatch: (805) 658-5720 (M-F 8:00AM – 4:30PM only)</td>
</tr>
<tr>
<td>3. Sequoia Dispatch: (559) 565-4421 (24/7)</td>
</tr>
</tbody>
</table>

For Questions Regarding Trip Logistics and Return Times

<table>
<thead>
<tr>
<th>For Questions Regarding Trip Logistics and Return Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Gina Matibag (CSUCI Academic Support Analyst): (805) 437-3320</td>
</tr>
<tr>
<td>2. Island Packers: (805) 642-1393</td>
</tr>
</tbody>
</table>