

What to Bring to Santa Cruz Island

- 1) **Medicine**, feminine hygiene products, **allergy kits**, etc...
- 2) Hat
- 3) Sunscreen
- 4) Jacket
- 5) Flashlight
- 6) Hiking Shoes and good socks
- 7) Layers of clothing
- 8) Enough food for an extra day
- 9) Sleeping bag and pillow
- 10) Release Forms
- 11) Open mind and flexible attitude!!