

CIMI 2008 Itinerary

Sunday August 31, 2008 6:00 AM

board the Charter Bus at Deluxe Foods Parking lot on Rio del Mar Boulevard

YOU MUST SHOW A PICTURE ID TO GET ON THE BUS

THE BUS MUST LEAVE BY 6:30 AM

Sun, Aug 31: SOUTHWEST AIRLINES, Flt 3008

From: SAN JOSE CA, CA (SJC) Departs: 10:20 am

To: LOS ANGELES, CA (LAX) Arrives: 11:35 am

Sunday afternoon we will go to the Long Beach Aquarium of the Pacific. We will do a treasure hunt in the aquarium.

\$ Lunch on Sunday is students responsibility.

LB Aquarium sells food if you do not want to bring a lunch.

Our bus will take us to the Sheraton Hotel. Dinner will be provided and students will NOT leave the hotel or have visitors without prior written permission.

Monday morning we will have a buffet breakfast in the hotel. Shuttle buses will take us to the Catalina Ferry. We will arrive at Toyon Bay, Catalina in time for lunch.

Friday we will board the Catalina Ferry. A bus will meet us to take us to LAX. Our flight is scheduled to allow for delays or detours by the Catalina ferry. Students will probably need to purchase food in the airport on Friday.

Friday, Sep 5: SOUTHWEST AIRLINES, 563

From: LOS ANGELES, CA (LAX) Departs: 7:30 pm

To: SAN JOSE CA, CA (SJC) Arrives: 8:35 pm

Arrival Terminal: TERMINAL A

FRIDAY EVENING: EACH STUDENT NEEDS TO ARRANGE FOR TRANSPORTATION HOME FROM THE AIRPORT.

Sheraton Los Angeles Harbor Hotel

601 S. Palos Verdes Street San Pedro, California 90731

Phone (310) 519-8200 Fax (310) 519-8421

emergency contact at Toyon Bay, Santa Catalina Island

Guided Discovery co. 1(800) 645-1423

Toyon Bay office 1 (310) 510-1622 (there is no student access to phones except in emergencies)

Each student will be in a 15 member student study team during labs, snorkeling and wall climbing at CIMI.

During many of the outdoor activities all 46 AHS students will be in one big group.

Each student team will have one CIMI instructor for the entire week.

Each team will also have an AHS science teacher, and another chaperone with them.

The chaperones are:

Greg McBride Bob Goeckermann Jon Toal Katie Toal Lynn Mott Suzy Honig

~Catalina Island weather by phone (800) 255-8700 or on the internet
www.wunderground.com/auto/pacificalliance/CA/Avalon.html
or Google **GUIDED DISCOVERIES TOYON BAY**

CIMI SUGGESTIONS FROM PREVIOUS YEARS PARTICIPANTS

Bring a sleeping bag - thin fleece sleeping bags are be warm enough for some people
Any ordinary sleeping bag will be fine if it is warm at 50°F
Some people like bring a sheet to put over the plastic mattress.
If you sleep in your sleeping bag on the ground don't bother.

~**dive gear**- is provided. Masks, snorkels, fins, wet suits, booties in every size are available.
~ **rashguard** (ONLY if you have one: it will be nice to wear your dry rashguard to and from the water and under the dive wetsuits)

~**Underwater camera** *THE DISPOSABLE KIND ARE \$10-\$16.* (that way you can take pictures of the fish, as well as stuff on land and you might want to bring more than one)
NOTE... IF YOUR HANDS GET TOO COLD TO PRESS THE BUTTON ON YOUR CAMERA TO TAKE A PICTURE, TRY SNORKELING WITH YOUR HANDS IN YOUR ARMPITS OR BEHIND YOUR BACK OUT OF THE WATER IT REALLY DOES HELP.

~**2 to 3 towels** (if you only bring one towel it will not dry in time between water activities, recommended two for showers and two for beach)
NOTE... THERE IS A TIME LIMIT ON SHOWERS. I THINK IT IS AROUND 3 MINUTES A PERSON A DAY. SINCE YOU USUALLY TAKE YOUR SHOWER AFTER YOU SNORKEL, AND ARE IN A BATHING SUIT, COMBINE SHOWER TIMES WITH YOUR ROOMMATES AND SHOWER IN YOUR SUIT FOR 12 MINUTES. THE SHOWERS ARE BIG ENOUGH TO DO THIS.

Bring a sleeping bag

~**plastic Flip-flops** or **soccer slides** (the bathroom floors are gross so you'll want to wear these in the shower too, as well as down to the beach)

~**Snack food** (the camp only provides breakfast, lunch, and dinner. We got hungry between meals and survived on the crackers, granola bars, chips, and cookies we brought)

NOTE... YOU CAN'T BRING GUM, CANDY, OR SEEDS

*must be packed in carry on bag

~**A small water bottle!!!!!!!!!!!!!!** (to carry on hiking, kayaking, around to the activities)

~**Two swim suits** (that way you will always have a dry suit to put on, because it is not fun to put a wet bathing suit on in the cold and make sure you can wear them comfortably under a wetsuit, and girls, one pieces are a lot warmer!)

NOTE... EVERYONE CHANGES INTO AND OUT OF WET SUITS OUT ON THE DECK SO YOU WILL **NEED** A SWIMSUIT.

~**Sea sickness medicine** wrist bands have no side effects (if you get sea sick take some, this year's trip is using a different boat than last year's did , so I don't know how much smoother the ride is supposed to be)

NOTE...DRAMAMINE WILL KNOCK YOU OUT AND YOU WILL BE TOO TIRED TO DO THE ACTIVITIES the entire first day.

~ **O T C** medicine is available at the first aid station but if you need a certain medicine bring it.

~ **PERScription MEDS** there is **NO PHARMACY** you must bring what you need

~**warm clothes** - layers of t-shirt, a long sleeve t, a sweatshirt and a windbreaker will allow for the coldest temperatures we will experience. You will need these, and maybe a pair of sweatpants or warmups after the night dive.

~**EXPENSIVE STUFF**-leave your **jewelry, best sunglasses, irreplaceable items at home**

~**Sun screen**, lip chap, a hat. **you will need sun protection.**

~**Small suitcase** (the rooms will not be what you are expecting, they have about 2 feet by 5 feet of floor space, which you have to use for getting to your bed as well as putting your room's suitcases. **Minimize the stuff you bring!!!!** Example: don't bring a full size bottle of shampoo, bring a travel size one! Don't bring lots of shirts, 6 will do it... you really don't need 20!)

NOTE... EVERY PERSON MUST BE ABLE TO CARRY ALL THEIR OWN GEAR BY THEMSELVES AT LEAST A FEW HUNDRED METERS.

\$~Money •for lunch at the Long Beach Aquarium AND dinner at LAX on the way home.

•if you want a CIMI shirt/ sweatshirt/hat (\$12-\$24) and you can buy **CANDY** from their **LIMITED** candy supply)

•dollar machines for soft drinks (no soft drinks at meals)

NOTE... THERE IS NO PHONE TO USE ON THE ISLAND SO YOU CAN'T CALL ANYONE EXCEPT IN DIRE EMERGENCY

~**Trash bags** (you can use these to put dirty clothes in and also wet towels and swim suits so that they won't make the other stuff in your suitcase wet)

~**shoes** - sandals or flaps are all you need for many activities and they are convenient at security in the airport. You **WILL** need trainers/tennis shoes for hiking and on boats

~**Talk to your roommates before the trip**

(that way you can plan with them what you are bringing. Example: instead of everyone bringing pretzels, have each person bring a different thing, or instead of everyone bringing a hair dryer, have one per room)

NOTE... THERE ARE ONLY TWO USABLE SOCKETS IN THE GIRLS BATHROOM AND ONE IN THE GIRL'S DORM'S HALL SO SHARE A HAIRDRYER WITH YOUR ROOMMATES IT IS A WASTE OF SUITCASE SPACE FOR EVERYONE TO BRING ONE WHEN THERE ARE ONLY THREE SOCKETS FOR ALL THE GIRLS TO USE

~Remember, this is like a camp. You are basically camping, but instead of staying in a tent you are sleeping in REALLY small rooms and instead of cooking your own food, it is made for you but you serve it and clean up the tables after you've eaten it. Snorkeling is really amazing, especially the night snorkel. Remember that it's only cold in the wetsuits for the time you are on land. Once you get in the water the air and wind doesn't effect you anymore and you warm up. I recommend using the weight belts ONLY if you feel comfortable enough because then you can dive down and pick up shells, etc. Go on the kayaking trip too because you get to see mammals that you can't when you snorkel. Overall do everything possible and try things that you never thought you would (eating algae or climbing the wall etc.) because you probably will never have these experiences again. Have fun and enjoy!

MUSIC- ear phones can be isolating. **They will be allowed only while we travel.**

CELL PHONE- get little or no reception on the island.

They will be allowed only while we travel.

SHIRTS- must be worn during activities and meals (except diving and kayaking)

CONSIDERATION-for one week you will have 45 brothers and sisters. Be flexible and considerate. We will ALL have more fun that way.