

MONARCH CATALINA CAMP

Sunday, August 6th thru Friday, August 11th, 2023

Monarch Campers Snorkeling in our Cove



Island Float



Octopus



Tie Dye Project



Barbeque Skewers

CAMPING ON THE BEACH AT LITTLE FISHERMAN'S COVE

Join us for a unique camping adventure at the Isthmus of Catalina Island. Spend 6 days and 5 nights with Monarch Camp at "Little Fisherman's Cove".



*Catalina Camp 2022
Our Campsite on the Beach*



CATALINA ISLAND ADVENTURE CAMP 2023

Sunday, August 6th thru Friday, August 11th

For campers ages 10 – 17

Cost: \$850 per camper

WHERE:

Our camp is on the beach at “Little Fisherman's Cove Campground” on the Isthmus of Catalina Island (Two Harbors). We are in the “Brisa Del Mar” group campsite, right on the beach.

HOW:

Be at LAVC by 9:30 a.m. Sunday morning. Camp Vans will leave from LAVC (Lot F – South of Community Services Building) at 10:15 a.m. We will ride the 12:30 p.m. Catalina Express Boat from the San Pedro Catalina Terminal to Two Harbors and return to Valley College (Ethel Street – Lot F), at approximately 6:30 p.m., Friday evening (traffic permitting). You have the option of picking up your returning camper at the San Pedro Catalina Terminal, at 4 p.m.

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.
- **Staff members will be available at the Community Services Center (Lecture Room) to answer questions on Tuesday, August 1st, 2023 from 6:00 p.m. – 7:00 p.m. for parents who have any questions or concerns. Come and talk to members of our staff. Pictures of previous Catalina 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 us at Los Angeles Valley College – 818.304.3016

See you In Catalina!

Catalina Island Adventure Camp Staff

CAMPER RESPONSIBILITIES

Be at LAVC (Ethel Ave – Lot F – South of Community Services Building) by 9:30 a.m., Sunday, August 6th – ready to travel.

Pack a sack lunch & snack for Sunday on the boat.

WHAT TO BRING (PACKING LIST):

- Sleeping bag (**necessity**) – **Must be tied securely or in a stuff sack**
- Metal or plastic cup and plate
- Eating utensils (**clearly marked with your name**)
- One wire coat hanger (for s'mores & making bread sticks)
- Ground cover – Plastic tarp (**No tents**: sleeping under the stars)
- Foam pad or air mattre (optional)
- Two extra pairs of socks
- Short pants or extra swimsuit
- One long pair of jeans or fleece pants
- Two light shirts or t-shirts
- Extra underwear
- Jacket
- Cap or hat with sun visor (**Necessity**)
- Sunglasses (**Necessity**)
- Two pairs of tennis shoes (an old pair for water activities or water Shoes)
- Swimsuit and towel (a pair of thongs or flip-flops are nice to have)
- Long sleeve rash guard (**Strongly recommended to avoid sunburn**)
- Toothbrush and toothpaste
- Towel and soap for shower
- Suntan lotion – **Sunscreen** for face (SPF #15+ w/UVA & UVB protection)
- Flashlight (with fresh batteries)
- A disposable camera (You don't need your dad's good one)
- Fishing pole and reel (Optional, but nice to have)
- Mask, fins, and snorkel (skin diving). Equipment is available for rent at the Isthmus Dive Shop.
- Spending money of \$40 - \$50 (Optional but nice to have)

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, so keep your gear as light as possible (suggest 30-35 lbs. maximum). Sleeping bags need to be in a stuff sack or securely tied.

Catalina Express has notified us they will strictly enforce baggage limits. They weigh every bag and container. 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!

A few notes: You do not need an expensive mask, fins, and 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 and coin hot showers (quarters) are available at the Isthmus (by the dock area – approximately 400 yards from our campsite). We suggest campers leave their cell phones at home. Calling home only encourages younger campers to become homesick; additionally phones are often 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 \$76 each, and the camping fees run \$150+ per person. When you add in the transportation, meals, activities, and 24-hour supervision, this trip presents a unique opportunity.

If you are not sure whether you should bring an item or not, leave it at home! Pack light.

***** Make sure 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!***





Blue Cavern - Kayak



Leopard Shark - Released



Island Buffalo



Our Beach Campsite



Preparing Breakfast



TYPICAL CATALINA ADVENTURE CAMP MENU

<u>SUNDAY LUNCH:</u> (Your Responsibility)	<u>(ON THE BOAT) BRING YOUR OWN SACK LUNCH.</u> BUS LEAVES LAVC AT 10:15AM. BOAT LEAVES DOCK AT 12:30PM
<u>MONDAY BREAKFAST:</u>	CROISANTS, BACON, HASH BROWNS, HOT OATMEAL, COLD CEREAL, ORANGE JUICE & MILK.
<u>MONDAY LUNCH:</u>	SALAMI, TURKEY, BOLOGNA, CHEESE, P & J SANDWICHES, FRUIT, CHIPS, KOOL AID AND WATER.
<u>MONDAY DINNER:</u>	MACCARONI & CHEESE, BBQ SAINT LOUIS STYLE RIBS, SALAD, CHIPS & KOOL AID PUNCH.
<u>TUESDAY BREAKFAST:</u>	BREAKFAST BURRITOS, QUESADILLA'S, HOT OATMEAL, CEREAL, ORANGE JUICE & MILK
<u>TUESDAY LUNCH:</u>	ROAST BEEF, P & J SANDWICHES, FRUIT, TRAIL MIX, COOKIES KOOL AID AND WATER.
<u>TUESDAY DINNER:</u>	CHICKEN, BEEF & CARNITAS TACO'S, REFRIED BEANS, SPANISH RICE, SALAD OR MIXED VEGETABLES & PINK LEMONADE.
<u>WED. BREAKFAST:</u>	BLUEBERRY & BANANA PANCAKES, HASH BROWNS, EGGS, SAUSAGE, CEREAL, ORANGE JUICE & MILK.
<u>WEDNESDAY LUNCH:</u>	SALAMI, TURKEY, BOLOGNA, CHEESE, P & J SANDWICHES, FRUIT, GRANOLA BARS AND WATER.
<u>WEDNESDAY DINNER:</u>	SPAGHETTI W/MEAT BALLS, SAUSAGE, GARLIC BREAD, SALAD, FRUIT COCKTAIL AND LEMONADE.
<u>THURS. BREAKFAST:</u>	CHOCOLATE CHIP PANCAKES, EGGS, HASH BROWNS & SAUSAGE, CEREAL, ORANGE JUICE, TOAST AND MILK.
<u>THURSDAY LUNCH:</u>	TURKEY, HAM, CHEESE, P & J SANDWICHES, FRUIT, CHIPS, GRANOLA BARS KOOL AID AND WATER.
<u>THURSDAY DINNER:</u>	BBQ TRI-TIP STEAK, CORN, STRING BEANS, MASHED POTATOES, KOOL AID PUNCH. CANNED MANDARIN ORANGES.
<u>FRIDAY BREAKFAST:</u>	FRIED NOODLES W/BACON, VEGGIES, SAUSAGE, EGGS, ETC. (CARBONARA), ORANGE JUICE, TOAST CEREAL AND MILK.
<u>FRIDAY LUNCH:</u>	SANDWICHES, FRUIT, TRAIL MIX, COOKIES KOOL AID AND WATER.

** VEGGIE PATTIES WILL BE AVAILABLE. MENU IS SUBJECT TO CHANGE.
HOT CHOCOLATE, SMORES AROUND THE CAMPFIRE & CAMPFIRE BREAD STICKS.

MEALTIMES ARE APPROXIMATE AND MAY CHANGE DUE TO UNFORSEEN CIRCUMSTANCES.

NOTE: *There is a general store and restaurant in Two Harbors. Campers will often choose to order something from the food kiosk or restaurant while visiting the town. We provide more than enough food and snacks for trip and ride home, but we do not prevent them from ordering a snack on their own. If you want to provide your child an option to purchase additional snacks/food, ice cream cones or souvenirs, you need to give them spending money.*

***OUR BOAT LEAVES CATALINA AT 2:30PM.
We should arrive at the San Pedro Terminal
About 4PM and arrive at LAVC about 6:30PM.***

OUR BEACH CAMPSITE ON CATALINA ISLAND

“Brisa Del Mar” – Little Fisherman’s Cove – Two Harbors



We are located at the Isthmus ... Not at Avalon. Avalon is 20+ miles away. Two Harbors is near the west end of the Island. Avalon is near the east end of Catalina; The Isthmus (Two Harbors) is a more rustic setting than Avalon (which is more crowded and filled with tourists). The Isthmus has a LA County Lifeguard Station and a LA County Sheriff’s Station as well as Catalina Island Conservancy and Campground Ranger Personnel.