



Baja Shared Expedition

Trip Dates: November 4-11, 2017

Arrival Time: Evening of November 4

Trip Meeting Location: Hotel Posada Luna Sol, La Paz, Mexico

Approximate End Time: Morning of November 11

Baja Shared Expedition

Espiritu Santo on the Sea of Cortez in Baja, Mexico provides the landscape for a beautiful vacation paddling crystalline waters, snorkeling with tropical fish and sea lions, exploring arroyos and side canyons, and relaxing on white sand beaches. Days will include exploring the stunning Espiritu Santo coast by kayak, skiff rides for snorkeling at a sea lion rookery, and happy hour with delicious meals every evening. This is a memorable adventure and perfect for the novice or experienced paddler.

Environmental Traveling Companions

Environmental Traveling Companions (ETC) has been providing outdoor adventure opportunities to people of all abilities and backgrounds since 1972. Beginning on the banks of the Stanislaus River, ETC began using volunteers to take people with disabilities and youth from under-resourced backgrounds on whitewater rafting trips. Decades later, the organization has grown to include four main programs: whitewater rafting, sea kayaking, cross country skiing, and youth leadership development courses and is recognized as a pioneer in the industry of accessible outdoor adventure. This Shared Expedition is offered in partnership with Mar y Aventuras, a premier local sea kayak outfitter in La Paz, Mexico.

For more information, please contact the Sea Kayak Program Manager at 415-474-7662 ext. 13 or kayak@etctrips.org

Trip Overview

- **Day 1:** Arrive La Paz, Baja California Sur, Mexico. You will have the evening on your own to experience the Malecon or downtown area, prepare for your trip, and get a good night sleep at the Hotel Posada Luna Sol.
- **Day 2:** Meet with the Guides for a continental breakfast at the hotel and an informational meeting. Then you'll collect rental gear and transfer by motorized boat to the island of Espiritu Santo (approximately 2 hours). You'll have lunch upon arrival at camp, then receive a camp orientation followed by sea kayak instruction and paddling. The sea kayak orientation includes a mandatory wet exit or "dunk test," so get ready to have some fun as we all take the plunge! It's a piece of cake! (B/L/D)
- **Days 3–Day 6:** Days are full of kayaking, snorkeling, hiking, fishing and relaxing along the shores of the enchanted island of Espiritu Santo. Guided kayak excursions of 4-10 miles are offered daily along the west coast and to outlying islands. Camps are located in protected bays along the west side of Espiritu Santo Island. Other guided activities from camp include hiking into canyons draped with fig trees, fishing for sea bass or skiff excursions to nearby snorkeling "hot spots" including a sea lion rookery where we join these graceful creatures, swimming alongside them while enjoying their playful and curious nature first hand. (B/L/D)
- **Day 7:** After lunch you will transfer back to La Paz by motorized boat. You'll then check-in to the hotel where you can enjoy a hot shower and have time to take a walk into downtown La Paz or an afternoon siesta before meeting for a farewell dinner that evening. (B/L/D)
- **Day 8:** Transfer from the hotel to the La Paz airport, the bus terminal if going to the Cabo airport, or on to your next adventure in Baja, Mexico.

B/L/D indicates meals included in trip cost

*Although we do our best to adhere to the above itinerary, it is subject to change for reasons beyond our control including weather.

Trip Location

The trip will begin and end at the Hotel Posada Luna Sol in La Paz, Mexico. Taxi drivers know the hotel by name and will be able to provide transportation from the La Paz Airport or Bus Terminal.

Travel Information:

Guests are responsible for making travel arrangements to and from La Paz, Baja California Sur, Mexico. There are two airports that service this part of the Baja peninsula:

- **La Paz (LAP):** Flying in and out of La Paz airport is often more convenient, only requiring a short taxi ride between the airport and Hotel Posada LunaSol. However, flights into La Paz are typically more expensive and often require at least one stop when coming from the United States.
- **San Jose Del Cabo (SJD):** The flights in and out of Cabo are typically cheaper and often direct, though this travel option requires a 2-3 hour drive between Cabo and La Paz. There are buses that make this trip regularly from San Jose Del Cabo airport to La Paz Malecon, about a 5-minute taxi ride from the hotel. We recommend Eco Baja Tours, which can be booked online at www.ecobajatours.com and costs approximately \$30 per person per trip.

Arrival Time

Guests are asked to arrive in at the Hotel Posada Luna del Sol by the evening on the first night of the trip. We will meet as a group the next morning for breakfast.

Departure Time

There are no scheduled trip activities on the last morning of the trip. We recommend booking flights out of La Paz no earlier than 11:00AM and no earlier than 1:00PM for flights out of San Jose Del Cabo.

Guides

This trip is run through Mar y Aventuras, who uses local guides who are highly experienced kayakers and very knowledgeable of the area. ETC will also have a representative on the trip to support the local team of guides and assist with any special needs.

Special Needs Accommodations

ETC is committed to making outdoor adventure accessible to people with special needs and our Guides are experienced in making adaptations for a wide range of physical and cognitive abilities. In order for us to be prepared for your group, we ask that each group with people with special need complete the "Special Needs Trip Roster" no later than one week prior to your trips and discuss all special needs with the Sea Kayak Program Manager.

Due to the size limitations of our kayaks, people over 250 lbs or who cannot fit comfortably into kayak seat areas with the dimensions of 35" long x 18.75" wide could pose a safety risk should the kayak accidentally capsize. If you are concerned about a member of your group comfortably or safely fitting inside our kayaks, please discuss this with the Sea Kayak Program Manager at the time of registration.

Equipment

Mar y Aventuras, our partner in Mexico, provides all sea kayak specific equipment, including kayaks, personal floatation devices (PFDs), spray skirts, paddles, and safety equipment. Additionally, Mar y Aventuras provides tents based on double occupancy (if you wish for a single tent, there is a supplemental fee of \$25). Personal equipment is not included in the trip fee, and thus there is an enclosed "Equipment List" outlining what each person should bring with them. If you have questions about equipment please contact the Sea Kayak Program Manager.

Rental Equipment

Sleeping pads, sleeping bags, and snorkeling equipment may be rented from Mar y Aventuras in La Paz at the following fees:

- Sleeping bag with pad \$20
- Sleeping bag or pad separately \$15
- Snorkel gear \$15
- Mask, snorkel, or fins separately \$10
- Wetsuit \$15 (highly recommended for trips on November through May)

Please reserve all equipment prior to the trip on the Mar Y Aventuras Trip Application Form to ensure proper sizes are available. Payment will be collected in Baja prior to your trip departure in cash or traveler checks.

Food

Meals are a combination of the best of American and Mexican traditions prepared using fresh, local ingredients. Barbecued chicken, fresh fish Vera Cruz style, grilled steak tacos accompanied by guacamole and a variety of Mexican salsas, plus fresh soups and salads prepared daily for lunch are just a few examples of the tasty menus. The motorized boats allow us to bring large blocks of ice to store fresh produce and indulge in luxuries not always available when camping. Each evening you can enjoy a cocktail and appetizer for "happy hour" as you watch the spectacular Baja sunset while sipping an ice cold Margarita! Special diets can be accommodated due to the variety of foods we are able to store. If interested in purchasing beer, wine, or soda to have along for the trip, there will be an opportunity to go to a local supermarket before heading to the island on the morning of Day 2.

Overnight Accommodations

Hotel: The first and last night of the trip will be spent at the Hotel Posada Luna Sol, a very nice hotel owned by Mar y Aventuras. Rooms are assigned for double occupancy (if you wish for a single room, there is a supplemental fee of \$95).

For more information, please contact the Sea Kayak Program Manager at 415-474-7662 ext. 13 or kayak@etctrips.org

Camping: We camp on gravel and sand beaches on Espiritu Santo. A large dome tent is set up by the staff and used for cooking. A shade tarp is also set up for taking breaks from the noonday sun. Chairs are provided but not dining tables. Quality 3 person tents are provided for double occupancy. Bathing is available daily in the sea using a biodegradable soap that lathers in salt water. Fresh water will be available for a quick rinse from a sun shower to complete the process. The toilet is a porta-potty system that uses water to flush. It is placed in a secluded spot at each camp and is available from the time you arrive until you depart.

Money in La Paz

La Paz has many ATM machines. Often you have the choice of receiving money in US dollars or pesos. Keep in mind that accessing these machines can be a hassle and they do not always work. Some businesses accept credit cards and travelers checks but many do not. US dollars are accepted at most establishments so it is not necessary to change your dollars into pesos before you arrive. We recommend bringing plenty of cash and in small bills for rentals, restaurants, tipping, and other incidentals.

Gratuity

Tipping is voluntary and any amount you leave is greatly appreciated! If you would like to leave your guides a generous tip showing appreciation for an excellent job, 5-10% of the trip cost is standard in the adventure travel industry. All gratuities are pooled and distributed among the local guides and staff evenly. If you do choose to leave a tip, please leave cash (USD is fine) or travelers checks only, no personal checks or credit cards can be accepted.

Trip Forms

Each person participating in the trip is required to complete two forms: a health form and a liability release. Both forms must be signed by the participant or the participant's parent or legal guardian if he or she is under the age of 18. Please complete the forms (included in this packet) at your earliest convenience and return them to ETC via post, fax, or email:

Post:

Environmental Traveling Companions
ATTN: Sea Kayak Program
Fort Mason Center, Suite C385
2 Marina Blvd.
San Francisco, CA. 94123

Fax: 415-474-3919

Email: kayak@etctrips.org

Additionally, please complete a trip information form with Mar y Aventuras, our partner in Mexico, to communicate any food preferences, medical concerns, and the need for rental equipment. This form can be found at: <http://www.kayakbaja.com/forms/applicationform.php>



Sea Kayak Program

Essential Eligibility Criteria for Participation in ETC Trips

For All Activities

- Be able to manage all personal care and mobility independently or with the assistance of a friend, family member, or attendant (see Personal Care Attendant Policy below)
- Be able to breathe independently, not require medical devices to sustain breathing
- Perceive, understand and respond to commands given by a guide independently or with the assistance of an interpreter
- Be able to effectively signal or notify guides or other trip participants of personal distress, injury or need for assistance
- If taking prescription medications, be able to maintain proper dosage by medicating independently or with the assistance of a personal care attendant or staff member
- Be prepared to participate in physically strenuous activities that may require physical ability beyond what many people are accustomed to in their day-to-day lives
- For overnight trips, be able to move about the campsite or building independently or with the assistance of a companion, on trips that include overnight camping
- Be able to remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat-related illness, sunburn and frostbite
- Be able to wear all safety equipment correctly such as, but not limited to, helmet, spray skirts, or personal flotation device
- Be comfortable traveling in remote settings where access to advanced medical care may be significantly delayed

For Sea Kayaking Trips

- Independently turn from face down to face up and remain floating face up while wearing a properly fitted personal flotation device (life jacket);
- Independently exit a capsized vessel and cooperate with an assisted rescue facilitated by an ETC Guide.
- Be able to comfortably sit in a sea kayak, which has a typical weight capacity of about 250 pounds per person.
- Be able to spend extended time in outdoor environments, where there may be exposure to wind, precipitation, and uninterrupted sun, and the water temperature may be below 55 degrees F.



Sea Kayak Program Personal Care Attendant Policy

ETC guides are trained in making our adventures adaptive, (including assisting with transfers in and out of kayaks and rafts and getting around camp), but they are not trained personal care attendants. Many participants with disabilities find that they need more support in the less familiar environments of our trips than they do at home.

ETC's overnight trips are usually camping trips, and some only have portable toilets and buckets for washing that are set up each night (i.e., no running water). ETC provides tents and cots for those who need them. You will need to be able to get into your tent and on and off either a cot or the ground on your own. Also, you will also need to be able to do your own toileting, washing, and dressing.

If you think that you will need assistance with any of the following: toileting, eating, taking medicines, dressing, and getting in/out of bed, ETC asks that you bring a personal care attendant with you. ETC does not want the additional cost of bringing an attendant to hinder you from being able to take part in our trips, so we offer scholarships and special pricing for attendants.



Sea Kayak Program Terms and Conditions

We look forward to sharing an ETC adventure with you. Below is a list of Terms and Conditions for your trip booking:

Reservations and Cancellations

- A deposit of 50% of the total trip cost is required 2 weeks after the booking date to secure the reservation. The trip balance is due no later than 60 days prior to the trip date.
- Cancellations made 90 days or less prior to the trip date are not refundable unless special accommodations are made in advance with the ETC Office.
- ETC reserves the right to cancel the trip due to weather conditions, tide/current conditions, water level, or for other unforeseen reasons. If ETC cancels the trip, the trip payment will be refunded in full.

Single Supplements: For single tent and/or hotel accommodations, the following charges apply:

- Tent and hotel: \$95
- Tent only: \$25

Transportation

- ETC does not provide transportation to or from the Hotel Posada Luna Sol in La Paz, Mexico.

Medical

All participants must complete a Health Form, which must be signed by the participant or the participant's parent or guardian if he or she is under the age of 18. ETC works to accommodate people with special needs, though we reserve the right to exclude or remove someone from a trip at any time if doing so is related to the safety of the trip.

Liability

Due to the nature of the activity, a condition of participation is the completion of a Liability Release acknowledging the inherent risks of the trip activities. This form must be signed by the participant or the participant's parent or guardian if he or she is under the age of 18. Participants who refuse to sign the liability release will not be allowed to participate.

Payment of your trip deposit indicates that you agree to the above Terms and Conditions.



Baja Shared Expedition Equipment List

CLOTHING

- Sunhat with strap
- Warm hat for evening
- T-shirts
- Light long-sleeve shirt for sun protection
- Fleece jacket
- Lightweight long pants
- Shorts (quick dry are best)
- Waterproof windbreaker or Paddling jacket
- Swimsuit
- Lightweight long underwear
- Socks
- Aqua socks or sport sandal (ex. Teva or Choco)
- Sneakers or lightweight boots
- Casual town clothes

MISCELLANEOUS

- Sunglasses with a strap
- Water bottle
- Beach towel
- Toiletries
- Flashlight with extra batteries
- Sunscreen
- Lip balm with sunscreen
- Biodegradable soap and shampoo (Campsuds work great)
- Small daypack
- Passport mandatory
- Cash

GEAR

- Snorkel gear (mask, snorkel & fins)-You can rent from Mar y Aventuras if you wish
- Wet suit (for snorkeling NOT for paddling)
- Sleeping bag and pad- You can rent from Mar y Aventuras if you wish
- Duffel Bags for gear – Gear is transported in skiffs and stays dry, but pack plastic garbage bags inside your bags to protect from moisture.
- Small dry bag for day trips if you have one, or garbage bag in small daypack.
- Camera with waterproof case and extra batteries
- Headlamp with extra batteries
- Binoculars
- Paddling gloves
- Insect repellent
- Sheet for sleeping bag in case it is hot at night
- Cards, small games, etc.
- Small Instrument (this can be packed in the skiff but should be put in a waterproof bag)
- **A good book!**



Sea Kayak Program Instructions for Health and Liability Forms

Following this page are two forms that must be completed by all participants, including any agency staff. The first is a Health Form and the second is a Liability Release. Please remember the following guidelines when filling out these forms:

- Separate forms are required for each participant. Participants in the same family or household cannot use the same forms.
- Please complete these forms using blue or black ink.
- **It is very important that both forms are filled out completely. Please do not leave any field blank unless the question does not apply to you. Participants will only be allowed to participate if they have forms that are completely filled out.**
- For participants under the age of 18, both forms must be signed by a parent or guardian.
- For this trip, please send (via email, fax, or post) your forms to the ETC office at least **one month** before your trip start date.
- If you have any questions or concerns about a medical condition or your ability to participate on an ETC trip, please do not hesitate to contact the Sea Kayak Program Manager at 415-474-7662 x13 or at kayak@etctrips.org in advance of the trip date.
- Spanish versions and accessible type-friendly PDF versions of these forms are available upon request.

Thank you very much for your assistance!

Agency/Group Name: _____ Trip Date: _____

Type of Trip: Sea Kayaking Cross-Country Skiing Whitewater Rafting

Environmental Traveling Companions Health Form

Name (please print) _____

Address _____ City _____ State _____ Zip _____

Contact Phone _____ E-Mail Address _____

Occupation _____ Employer _____

Birth Date _____ Age _____ Sex _____ Height _____ Weight _____

Parent/Guardian _____ Phone _____

Address _____ City _____ State _____ Zip _____

Your Medical Insurance Co. _____ Policy # _____

Emergency Contact Person _____ Relationship _____

Emergency Contact Day Phone _____ Emergency Contact Alternate Phone Number _____

Specific Disability (if any) _____

Medication:

Name of Medication	Dosage	Schedule	Reason for Medication

Dietary Restrictions _____

Please indicate if you currently have or previously had any of the following conditions. For any "YES" responses, please provide specific details on the right side of this section:

1. NO YES Any problems with vision or hearing? Do you require glasses, hearing aid?
2. NO YES Problems with teeth - use of dentures, bridge or braces?
3. NO YES Dizzy spells, fainting, convulsions, persistent headaches?
4. NO YES Asthma or respiratory problems?
5. NO YES Palpitation of the heart, irregular heartbeat, heart murmurs?
6. NO YES Jaundice or hepatitis?
7. NO YES Broken bones, joint dislocations, serious sprains?
8. NO YES Any severe injury to head, chest, or internal organs?
9. NO YES Allergies to any specific drugs, foods, insect bites, bees? Please list: _____
10. NO YES History of diabetes, thyroid trouble, heart disease?
11. NO YES Other significant medical or neurologic disorders?
12. NO YES Do you smoke?
13. NO YES Any special accommodations for toileting?

By checking this box, I agree that I have reviewed ETC's Essential Eligibility Criteria for Participation and feel that I meet these criteria.

I hereby acknowledge ETC to administer First Aid and/or emergency medical treatment and/or secure such medical services that may be necessary for myself or any minor on whose behalf I am signing. I realize that any emergency or medication that may become necessary are the sole responsibility of the participant.

By signing this release I agree that I have read it carefully, agree with its terms, and I sign it of my own free will.

Your Signature _____ Date _____

(Signature of participant or parent or guardian if participant is under 18)

Name (please print) _____

Please check here if you do not want your photo used in ETC publications or outreach.

PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK

In consideration of the services of Environmental Traveling Companions, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "ETC"), I hereby agree to release, indemnify, and discharge ETC, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that hiking, camping, backpacking, river rafting, and sea kayaking entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: slipping and falling; falling objects; travel in remote areas; water hazards; accidental drowning; exhaustion; exposure to temperature and weather extremes which could cause cold shock, hypothermia, hyperthermia (heat related illnesses), heat exhaustion, sunburn, dehydration; exposure to potentially dangerous wild animals, insect bites, and hazardous plant life; aggressive and/or poisonous marine life; large waves; whitewater rapids will be encountered and I can be jolted, jarred, bounce, and shaken about during rides through some of these rapids; rafts could turn over or I could be "washed" overboard resulting in having to swim rapids risking collision with rocks and entanglement in trees; accidents or illness can occur in remote places without medical facilities and emergency treatment or other services rendered; consumption of food or drink; equipment failure; improper lifting or carrying; my own physical condition, and the physical exertion associated with this activity.

Furthermore, ETC employees have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather or other environmental conditions. They may give incomplete warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless ETC from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of ETC's equipment or facilities, **including any such claims which allege negligent acts or omissions of ETC.**
4. Should ETC or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.
6. In the event that I file a lawsuit against ETC, I agree to do so solely in the state of California, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

I hereby release, waive, and relinquish all claims and legal actions for personal injury, wrongful death or property damage against the U.S. Department of the Interior – Bureau of Reclamation ("U.S. Government), State of California, its department of Parks and Recreation ("State") or its permittees arising as a result of my participation in the whitewater river trips and related activities described herein, my use of permittee's equipment, or any activities incidental there to include rescue activities; This release applies even if permittee and/or state and/or U.S. Government are negligent or otherwise at fault. I also agree to protect, hold harmless, defend and indemnify permittee, state and U.S. Government and hold them harmless from all claims and legal actions for personal injury, death, or property damage arising from my conduct; these indemnities apply even if permittee, state and U.S. Government are negligent or otherwise at fault.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against ETC on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Print Name _____ Phone Number _____

Address _____ City _____ State _____ Zip _____

Signature of Participant _____ Date _____

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION (Must be completed for participants under the age of 18)

In consideration of _____ (print minor's name) ("Minor") being permitted by ETC to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless ETC from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: _____ Print Name: _____ Date: _____