

MAINE KAYAK

P.O. Box 674 UNITY, Maine 04988

TOLL FREE (866) 624-6352 (USA & CANADA) PH • (207) 948-5194 FAX • (207) 948-5193

Dear Participants,

Thank you for enrolling in our sea kayaking Inn to Inn trip. You will find enclosed in this packet a daily itinerary, equipment list, directions, and medical form.

Please fill out the medical form and mail it to our summer address listed above or fax to the number listed above. It is very important for our course director to review this information before arriving, so please return the medical form back to us as soon as possible.

Please feel free to contact us in the office if you have any questions or concerns prior to our call. Please help us make your Kayaking experience easy and fun!

See you on the Water!

Alvah Maloney
Program Director

"THE WAY PADDLING SHOULD BE"

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Johns Bay Two Day Inn to Inn Trip Outline

Day One –

8:30 am – Meet at Maine Kayak’s New Harbor Base

Morning to Noon – Pre-trip briefing and go paddling

- Pre trip briefing
- Introduction to sea kayak equipment and gear
- Safety issues, concerns, techniques
- Stroke technique and paddling form
- Go paddling along the Johns Bay shoreline and look for wildlife – seals, ospreys, terns, and seals

Noon – Enjoy a seaside picnic lunch

Early Afternoon to Mid-Afternoon – Review morning and go paddling

- Leisurely paddle to Sunset Bed and Breakfast on Rutherford Island
- Check In and Unwind

Early Evening – Sunset paddle or walk and snooze

- Paddle or walk to Christmas Cove for dinner
- Enjoy a gourmet dinner on the deck overlooking the harbor
- Fall asleep to the sounds of the ocean

Day Two -

8:00 am – Gourmet breakfast.

Morning to Early Afternoon – Pre-trip briefing and go paddling

- Leisurely paddle around sheltered coves and islands
- More on-water learning - paddling techniques, strokes, balance
- Learn about tides, weather, and wind
- Debrief of trip

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Johns Bay Four Day Inn to Inn Trip Outline

Day One –

8:30 am – Meet at Maine Kayak's New Harbor Base

Morning to Noon – Pre-trip briefing and go paddling

- Pre trip briefing
- Introduction to sea kayak equipment and gear
- Safety issues, concerns, techniques
- Stroke technique and paddling form
- Go paddling along the Johns Bay shoreline and look for wildlife – seals, ospreys, terns, and seals

Noon – Enjoy a seaside picnic lunch

Early Afternoon to Mid-Afternoon – Review morning and go paddling

- Leisurely paddle to Sunset Bed and Breakfast on Rutherford Island
- Check In and Unwind

Early Evening – Sunset paddle or walk and snooze

- Paddle or walk to Christmas Cove for dinner
- Enjoy a gourmet dinner on the deck overlooking the harbor
- Fall asleep to the sounds of the ocean

Day Two -

8:00 am – Gourmet breakfast.

Morning to Noon – Pre-trip briefing and go paddling

- Leisurely paddle around sheltered coves and islands
- More on-water learning - paddling techniques, strokes, balance
- Learn about tides, weather, and wind

Noon – Enjoy a picnic lunch along the Maine Island Trail

Early Afternoon to Mid-Afternoon – Paddle to second Inn destination

- Leisurely paddle to Ocean Point Inn on Linekin Bay
- Adventurous and scenic paddle in Boothbay Harbor
- Check In and Unwind

Early Evening – Dinner and snooze

- Enjoy a gourmet dinner at a seaside resort

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- Fall asleep in a cozy bed with ocean breezes

Day Three -

8:00 am – Gourmet breakfast.

Morning to Noon – Pre-trip briefing and go paddling

- Exploratory paddle of Damariscotta River and Linekin Bay
- Enjoy the sights of Boothbay Harbor and Linekin Bay

Noon – Enjoy a picnic lunch along the Maine Island Trail

Early Afternoon to Mid-Afternoon – Go paddling

- Leisuredly paddle to Sunset Bed and Breakfast on Rutherford Island
- Check In and Unwind

Early Evening – Sunset paddle or walk and snooze

- Paddle or walk to Christmas Cove for dinner
- Enjoy a gourmet dinner on the deck overlooking the harbor
- Comfy nights sleep in a coast bed and breakfast

Day Four -

8:00 am – Gourmet breakfast overlooking the harbor.

Morning to Early Afternoon – Go paddling

- Exploratory paddle of Johns Bay and Pemaquid Harbor
- Debrief of trip

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Sea Kayaking Equipment List

Here is a list of items you will need to bring with you for your trip;

- Towel and change of clothes for each day
- Bathing suit and shorts
- Hat and sunglasses and safety strap
- Personal medication
- Sunscreen and Bug Dope
- 2 Water Bottles
- Personal hygiene items

Optional Items:

- Light synthetic undergarment (polypropylene, bergalene, capilene) top & bottom
- Wetsuit
- Paddling Pants
- Booties/Wet shoes
- Dry top
- Camera/Film
- Reading Materials

Maine Kayak will provide:

- Transportation
- Top-of-the-line kayaks
- Spray Skirt and Paddle
- Wetsuit Top & Bottom
- All meals for all trip days
- Life Jacket and Whistle
- Splash Top and Booties
- Photographer on Every Trip

Note: Maine Kayak welcomes and encourages the use of personal kayak and gear provided that it meets with our standards of safety.

Resource List

Below is a list of optional recommended resources in preparation for your kayaking learning experience:

Recommended Reading

- The Essential Sea Kayaker: A Complete Guide for the Open Water Paddler by David Siedman
- Kayak Touring: Canoe and Kayak Techniques by David Harrison
- Sea Kayaking Illustrated: A Visual Guide to Better Paddling by John Robinson
- Kayaking Made Easy: A Manual for Beginners with Tips for the Experienced by Dennis Stuhaug

Videos

- Performance Sea Kayaking – Produced by Performance Video
- Nigel Foster's Sea Kayaking #1 Getting Started – Produced by Nigel Foster
- Nigel Foster's Sea Kayaking #2 Essential Strokes – Produced by Nigel Foster
- Sea Kayaking: The Ultimate Guide – Produced by Ken Whiting

Websites

- www.paddling.net (Kayaking Information)
- www.kayakonline.com (Kayaking Information)
- www.necky.com (Necky Kayaks)
- www.acanet.org (American Canoe Association)

"THE WAY PADDLING SHOULD BE"

*Directions to our Muscongus Bay/Johns Bay
Meeting Location in New Harbor*

MAINE KAYAK'S NEW HARBOR BASE

Follow I-95 North (South-through Augusta) to I-295 until you reach Brunswick/Bath Exit 28 (formerly Exit 22). Merge onto US-1 North and drive through Wiscasset/Newcastle. Take the US-1-BR exit to Damariscotta. Turn slight right (left going south) onto ME-129/ME-130 toward Bristol. Continue on ME-130 to New Harbor and make a right onto Huddle Road (follow the signs to Pemaquid Beach/Colonial Pemaquid). Maine Kayak is approximately one half mile on the right – just after the Purple Cactus Gift Shop. The phone number to the Maine Kayak office is (866) 624-6352. Please call if you have any questions.

Thanks again for selecting Maine Kayak for your kayaking vacation. **Please note that the Maine Department of Transportation has changed the exit numbers. New exit numbers are provided in the directions – former exit numbers are provided in parentheses. Looking forward to meeting you at 9:00 a.m. for all Muscongus Bay Trips - please arrive on time. See you on the water!**

To Sea Acres Cottages: Follow directions above to Bristol. Take a right onto Bradley Hill Road - Sea Acres Cottages is at 23 Bradley Hill Road. **From Sea Acres Cottages:** Take Bradley Hill Road to Route 130 South to New Harbor and follow directions above from New Harbor.

To The Down Easter inn: Follow directions above to Damariscotta. Turn slight right onto ME-129/ME-130 towards Bristol. The Down Easter Inn will be on the left hand side just a couple miles from turning onto Rt 129/130. **From The Down Easter inn:** Take Rt 129/130 South to Bristol and follow directions above from New Harbor.

To Pemaquid Point Campground: Follow directions above to New Harbor. Continue on Route 130 South through the village of New Harbor. Pemaquid Point Campground is on the left just over 1 mile from the village of New Harbor.

To Bradley Inn: Continue on Route 130 South past the center of New Harbor. The Bradley Inn is on the right – 3063 Bristol Road. **From Bradley Inn:** Take Route 130 North to New Harbor and follow directions above from New Harbor.

Maine Kayak - Participant Information Form

YOUR TRIP DATE: _____

I. Personal and Medical Information - This information is confidential. It will only be used in emergencies.

Name: _____ Age _____ Sex _____ HT _____ WT _____ Foot Size _____ Pant Size _____

Present Address: _____

City: _____ State/Province: _____ Zip/Postal Code: _____

Phone Number (H) _____ (W) _____ Email: _____

In case of emergency please contact:

I. Name: _____ Phone Number: _____ Relationship: _____

II. Name: _____ Phone Number: _____ Relationship: _____

Personal Physician:

Name: _____ Phone Number: _____

Type of Health Insurance:

Company Name: _____ Policy#: _____

Medical History:

Do you have any allergies (e.g. insects, penicillin, aspirin, other medication, foods, etc.)?

YES NO If yes, please describe your allergic reactions(s) and how you treat it/them:

Do you require a special diet? YES NO If yes, please explain: _____

Do you have any sight or hearing problems? YES NO If yes, please describe: _____

Do you have a history of (have you had)?:

Raynaud's Syndrome _____ Asthma: cold induced _____ Frostbite _____ Hypothermia _____

Snowblindness _____ Poor circulation _____ Back problems _____ Diabetes _____

Joint problems _____ Dizziness _____ Low blood pressure _____ High blood pressure _____

Seizures _____ Stomach problems _____ Migraines _____ Eyestrain _____

Light Sensitivity _____ Eating Disorders _____ Toothaches _____ Asthma: exercise induced _____

Bronchitis _____ Arthritis _____ Unconsciousness _____ Sunstroke _____

Been treated for any of above? _____ Used a corrective brace/device? _____ Currently on medication? _____

Explain: _____

Is there anything else we should know about you? (phobias, sensitivities, etc.) ?

II. Personal Experience Information

What is your experience level in the following outdoor activities (please circle number)?

Activity:	Never	Seldom	Often	Experienced
Whitewater Rafting	1	2	3	4
Sea Kayaking	1	2	3	4
Whitewater Kayaking	1	2	3	4
Lake Kayaking	1	2	3	4
Canoeing (flat or whitewater)	1	2	3	4
Swimming	1	2	3	4
Camping	1	2	3	4
Group Leadership	1	2	3	4

Explain in detail any kayaking experience that you have:

Explain in detail any water activities you have participated in or any water certifications that you have:

Explain in detail any group activity that you would have been a leader:

(Please mail or fax this form back to our office ASAP!) Thank You!
Mail: P.O. Box 674 Unity, ME. 04988 Fax: 1-207-948-5193
If you have any questions please call our office toll free at 1-866-624-6352.

I have answered the above questions accurately and completely. I recognize that some outdoor recreation activities are very strenuous. I am in good physical condition and I can participate fully in trip activities. I understand that Maine Kayak, Inc. nor any other agency or persons provide insurance for me in any activities. I understand I am responsible for all costs of injury and for any unforeseen costs of evacuations/transportation. The Staff of Maine Kayak, Inc. has permission to seek and/or administer emergency care for the participant in the event that the participant or guardian cannot respond at the time of emergency.

Signature: _____ Date: _____