

# **MAINE KAYAK**

*113 Huddle Rd, New Harbor, ME 04554*

*TOLL FREE (866) 624-6352 (USA & CANADA) PH • (207) 677-3455 FAX • (207) 677-3454*

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Dear Participants,

Thank you for enrolling in our sea kayaking overnight island camping 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

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***"THE WAY PADDLING SHOULD BE"***

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## Muscongus Bay Trip Outline

### Day One –

8:30 am – Meet at Broad Cove Marine Services in Medomak, Maine

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 Muscongus 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

- Learn paddling strokes and proper boat form
- Leisurely paddle to island on Maine Island Trail.
- Set up Camp

Early Evening – Dinner and snooze

- Enjoy a gourmet dinner in the outdoors
- Discussion of leave no trace ethics
- Debrief of morning
- Fall asleep under the stars to the sounds of the ocean

### Day Two -

8:00 am – Blueberry pancake breakfast and French pressed coffee at sunrise.

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
- Debrief of trip

Early Afternoon – Enjoy a real Maine lobster lunch

Late Afternoon – return paddle to take out

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## Sea Kayaking Equipment List

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

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

### **Optional Items:**

- Light synthetic undergarment (polypropylene, bergalene, capilene) top & bottom
- Wetsuit
- Paddling Pants
- Booties/Wet shoes
- Sleeping bag and sleeping pad
- Dry top
- Waterproof Camera/Film
- Reading Materials
- Cash for sundries and guide gratuity

### **Maine Kayak will provide:**

- Sleeping gear/Pads, Bags & Tents
- 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

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 Stuhau
- The Complete Sea Kayaker's Handbook by Shelley Johnson
- Sea Kayaking, The Ultimate Guide by Ken Whiting

### **Videos**

- Nigel Foster's Sea Kayaking #1 Getting Started – Produced by Nigel Foster
- Nigel Foster's Sea Kayaking #2 Essential Strokes – Produced by Nigel Foster
- Canoe and Kayak Beginning Kayaking Tutorial: <https://www.youtube.com/watch?v=qYG8uxnZqng>
- ACA Safety Tips: [https://youtu.be/RDtF8j\\_wdOI?list=PLu5LxZSNVvNuuYS7\\_6ybyiFb3PSCgALIL](https://youtu.be/RDtF8j_wdOI?list=PLu5LxZSNVvNuuYS7_6ybyiFb3PSCgALIL)

### **Websites**

- [www.paddling.net](http://www.paddling.net) (Kayaking Information)
- [www.kayakonline.com](http://www.kayakonline.com) (Kayaking Information)
- [www.necky.com](http://www.necky.com) (Necky Kayaks)
- [www.acanet.org](http://www.acanet.org) (American Canoe Association)

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***"THE WAY PADDLING SHOULD BE"***

## MAINE KAYAK'S MUSCONGUS BAY DIRECTIONS

Follow I-95 North (South-through Augusta) to I-295 until you reach Brunswick/Bath Exit 28. Merge onto US-1 north and drive through Wiscasset/Newcastle into Waldoboro. Take a right onto Rt-32 at the first traffic light. Go 6.5 miles and turn left onto the Medomak Rd, just past the Breman Town House and Fire House. Drive 1.7 miles to the end of Medomak Rd and stay left at the final fork. Our kayak base is at the Broad Cove Marine Services (BCMS). We will be meeting at 8:30 A.M. at the Maine Kayak Muscongus Base at BCMS. The phone number to the Maine Kayak office is (866) 624-6352. Please call if you have any difficulties. **ADDRESS: 374 Medomak Rd, Medomak, ME 04551 (Google Maps) –OR – 374 Medomak Rd, Bremen, ME 04551 (GPS)**

**To Sea Acres Cottages:** Follow I-95 North (South-through Augusta) to I-295 until you reach Brunswick/Bath Exit 28. 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 Bradley Hill Road - Sea Acres Cottages is at 23 Bradley Hill Road. **From Sea Acres Cottages:** Take Bradley Hill Road to Route 130 North towards Damariscotta until you come to Foster Rd on Right (0.6 mi), directly across the street from Bristol Consolidated School. At end of Foster Rd, turn left on Rt-32. Drive North on Rt-32 through Round Pond Village approximately 9.5 mi to Medomak Rd on right. Drive the Medomak Rd for 1.7 miles, at fork stay to the left. Broad Cove Marine Services is at the end of the road. **Sea Acres Address: 23 Bradley Hill Rd, Pemaquid, ME 04558**

**To Pemaquid Point Campground:** Follow directions above to 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. Pemaquid Point Campground is on the left just over 1 mile from the village of New Harbor. **From Pemaquid Point Campground:** Turn right coming out of the campground, onto Rt-130 towards Damariscotta. Turn right Rt-32, approximately 1.6 miles, Drive North on Rt-32 through Round Pond Village approximately 12.6 miles to Medomak Rd on right. Drive the Medomak Rd for 1.7 miles, at fork stay to the left. Broad Cove Marine Services is at the end of the road. **Campground: 9 Pemaquid Point Campground Rd, New Harbor, ME 04554**

**To Bradley Inn:** Follow directions above to 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. The Bradley Inn is on the right approximately 11.5 miles along ME-130. **From Bradley Inn:** Take Route 130 North towards Damariscotta. Turn right Rt-32, approximately 1.7 miles, Drive North on Rt-32 through Round Pond Village approximately 12.6 miles to Medomak Rd on right. Drive the Medomak Rd for 1.7 miles, at fork stay to the left. Broad Cove Marine Services is at the end of the road. **Bradley Inn Address: 3063 Bristol Rd, New Harbor, ME 04554**

# Maine Kayak - Participant Information Form

YOUR TRIP TYPE & 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) \_\_\_\_\_ (C) \_\_\_\_\_ 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:

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

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

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***(Please mail or fax this form back to our office ASAP!)      Thank You!***  
**Mail: 113 Huddle Rd New Harbor ME 04554      Fax: 1-207-677-3454**  
**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: \_\_\_\_\_