

**Arlington Public Schools
Student Out of State Application**

Today's Date: **January 4, 2017**

Trip Leader Name **Tom Zierk**

School: **Ottoson Middle School**

E-mail address: **tzierk@arlington.k12.ma.us**

Subject/Grade: **English/7**

Phone:

Trip Destination: City(s)/Country

St. Croix river, ME

Acadia National Park, ME

Bristol, ME

Dates of Trip

Departure Date: **July 9**

Return Date: **July 19**

Method of transportation: **Passenger Van
Middle School**

Leaving from (school, airport): **Ottoson**

Purpose of Trip (check all that apply)

☐ Cultural

☐ Educational

☐ Home Stay

☐ Sister City

☐ Student Exchange

☒ Other (describe)

Itinerary (attach additional documents as necessary)

Describe the educational purpose and value of the trip? **Outdoor enrichment**

If the trip involves missing school, what are the reasons and what steps will be taken to minimize the impact? **N/A**

Who may go on the trip? (requirements to participate - grade levels, attendance, behavior, academics - consult the sample Trip Policy Form)

The trip is open to all rising eighth and ninth graders.

Cost of trip per student? **\$1927**

What is included in the trip? **This is an 11-day journey including a three-day, two-night wilderness canoe trip, three nights camping in Acadia national park with hiking and exploring the coast and a 3-day, 2-night sea kayak trip including camping on remote, uninhabited islands.**

What is not included in the trip? What expenses will students incur during the trip?

Only a small amount of spending money is necessary in the event students would like to purchase souvenirs.

Other Chaperones:

Name: **Kate Brennan** **UNH, Nursing**

E-mail address **kgb1007@wildcats.unh.edu**

Phone

How do students register for the trip? Is there a payment plan? Describe.

There will be a short application process asking students to write a brief essay about why they would like to go on this trip.

Families can pay up front or break the fee into two payments.

Is there a process in place for students who have difficulty paying for the trip? (scholarships?)

We can offer a 30% discount to one student who receives free or reduced lunch.

Please list the name and contact information for the agency you are working with, if applicable.

N/A

Are they insured? Describe the trip insurance plan. (Trip insurance includes coverage for emergency travel home, trip cancellations, etc. This is not just liability.)

N/A

*Vendors used for overnight trips - NOTE: these vendors have their own liability waivers.

Maine Kayak: Alvah Maloney, Program Director

P.O. Box 674

Unity, ME 04988

866-624-6352

www.maine kayak.com

Canoe the Wild: Dave Conley, Maine Guide and Outfitter

588 US Route 1

Weston, Maine 04424

Tel: (207) 551-8729

www.canoethewild.com

Describe the refund policy and dates. (Include this information in the Trip Policy Contract that is signed by students and parents/guardians)

No refunds will be given after May 31st.

Describe how you will factor emergency cash into the trip budget?

Trip leaders will have cash and credit cards available if there is an emergency.

Describe how you will communicate with parents before and during the trip.

There will be a mandatory parent meeting prior to the trip that will include a review of the Behavior Policy and Packing List. We will make sure parents have contact information for both trip leaders. We will set up a time when students can contact their parents during the week.

Describe how you will communicate with administration during the trip.

Trip leaders will contact the SummerFun Directors with updates during the week.

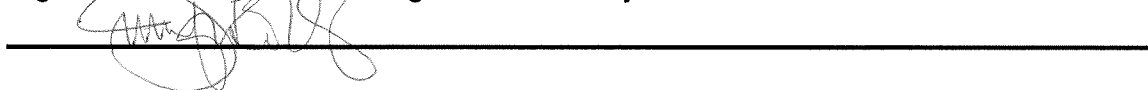
REQUIRED DOCUMENTS (May be combined)

- Trip Application Form
- Trip Policy Contract (including refund policy, behavioral expectations, see below)
- Trip Medical Form (including release, statement confirming that student is clear to go and school will be notified of any change in status)
- Release from liability
- Consent to treat ***** Before the application is presented to School Committee, please obtain the following signatures in this order.

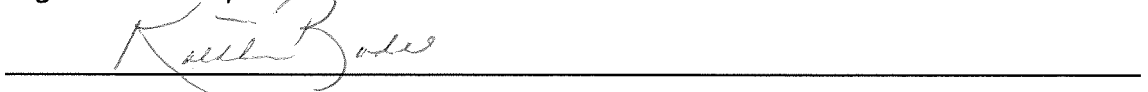
Signature of International Coordinator January 5, 2017



Signature of Director of Arlington Community Education



Signature of Superintendent



Mr. Zierk's Amazing Maine Adventure

Tom Zierk, Grade 7 ELA Teacher, Ottoson Middle School

Kate Brennan, UNH Nursing School, AHS alum

For rising eighth and ninth grade boys and girls. Limited to 10.

Maine offers endless opportunities for amazing adventures. Our 11-day journey begins with a three-day, two-night wilderness canoe trip on the St. Croix river at the Maine/Canada border. We then head south to Acadia National Park where we will camp for three nights at Blackwoods campground, spending our days hiking and exploring the coast of this beautiful area. We will even get up early one morning to watch the sunrise from the top of Cadillac Mountain. We will then head down the coast towards Bristol, where we will go on a three-day, two-night sea kayak trip which includes camping on remote, uninhabited islands. Both the canoe and kayak trips will be led by professional guides. This is a program for highly adventurous, mature students who don't mind being wet, uncomfortable, and personally challenged. The trip will also provide some amazing, unforgettable experiences. As the saying goes, "Adventures sometimes hurt, but boredom can be fatal."

Note: Several mandatory meetings will be held prior to the trip to ensure all participants are prepared and fully understand the rigors of a trip like this. Tom has led many adventure programs for SummerFun!

SF	July 9-19	Grades 7-9	\$1927.00
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Professional Biography for Tom Zierk relevant to leading summer travel program

Credentials

- Former SCUBA instructor
- 50-ton Coast Guard licensed captain
- Owned and operated charter business in USVI
- Red Cross/CPR training
- Limited backcountry first aid training

Youth Group Leadership Experience

- Designed and led Summer Fun Day-Trippers program for five summers that included sea kayaking, surfing and hiking Mt. Monadnock.
- Led two overnight camping trips to Vermont with 12 7th and 8th graders and a high school co-leader.
- Led two-week trip to Nicaragua and the Mosquito Coast with four, 15-yr-old boys.
- Trip leader this coming April break to Costa Rica with 16 7th and 8th grade Ottoson students.

Personal Experience

- Wilderness backpacking
- Canoeing and sea kayaking
- Extensive small boat experience
- Member of eight-person expedition that made the first complete descent of the Ambler River, in Alaska, by canoe
- Three-day solo trip into rainforest of Corcavado National Park, Costa Rica
- 7th grade English teacher for 11 years

Sample

Behavioral Guidelines

1. Smoking, drinking alcoholic beverages or taking illegal substances is prohibited
2. Curfew must be adhered to at all times.
3. Students are not allowed to go anywhere without adult knowledge and permission.
4. Students NEVER go anywhere alone. All students will have buddies when they are given "free time".
5. Courtesy and honesty is expected at all times. This includes: guides, employees, waiters/waitresses and all staff.
6. Participation in all scheduled activities is required
7. Keep the van clean. Dispose wrappers, empty beverage containers, and other trash in appropriate containers.
8. Appropriate, quiet behavior please
9. Students will be responsible for any facilities or vans.

Should a participant not follow the guidelines the staff will meet and determine a course of action. The following may occur:

1. Parents will be called and informed that a warning has been given to the student.
2. If deemed necessary, parents will be called and the student will immediately be sent home at the expense of the parents. *No refunds will be issued.*

Please review the above guidelines and sign below

PART I (to be completed by participant):

Participant Name _____

I have read and understand the guidelines. I am aware of the consequences for not following these rules.

Signed: _____ Date: _____

PART II (to be completed by the parent(s):

I (we) have read and understand the guidelines for my child. I (We) agree to pay for his/her return trip should it be deemed necessary.

Signed: _____ Date: _____

Trip Information, Tips, and Clothing Requirements

Medication, Cash, Valuables

If you would like us to keep your child's cash and medication during the trip, we would be happy to do so. All International students **MUST** take their I20's and Visa's with them. We can also hold onto these documents if you would like for the duration of the trip.

Luggage & Packing

- Your suitcase and carry-on must weigh less than 50 pounds
- Pack Lightly-As much as will fit into one suitcase
- We encourage you to get together with another student and share the appliances on the trip
- New travel regulations require that you **DO NOT** lock your check-in baggage
- Please place all sharp objects (nail clippers, tweezers, etc.) into your check-in luggage.
- Please note: backpacks should not be filled to capacity, as they will not fit under the seat.
- All liquids carried on must fit in a quart-sized bag. The bag should be readily available, as it must be placed on the security belt! (This includes: lip-gloss, lens solutions, etc.)
- Your carry-on should include: Necessary toiletries Passport Cash Medications
- No Computers please

Clothing Requirements

- Temperatures will most likely be in the 70's but can be in the 60's or 80's as well. Prepare for warm to hot weather. Bring a jacket, sweater, or sweatshirt in case temperatures drop.
- Dress comfortably and wear good shoes for walking

Glasses & Contacts

- Bring an extra pair or a copy of your prescription

Transportation

- While in California, we will have our own charter coach
- Please keep it clean.

- You may use headphones on the bus except when the guide is speaking. Please take them off and listen courteously

Safety

- Please carry money in a special pouch close to your body
- Do NOT place passports and money in a backpack!
- Take out only what you need and do not allow yourself to be distracted.
- You must have a member of our group with you at all times.
- Please be sure to have a tag on your luggage

Laundry

- Students should bring a closeable laundry bag to hold dirty laundry.

Bug Repellant, Sunscreen, and Sunglasses

- Better to be safe than sorry! Please come prepared

Telephone

- Remember our time difference (Boston is 3 hours ahead of California)
- Students will be allowed to bring their cell phones on the trip. Please make sure they keep them in a secure place when not in use.

Spending Money

Breakfast and Dinners will be provided. Students will need money to purchase lunches, water, snacks in the airport, on the road, souvenirs, etc. (We suggest to plan spending \$50 - \$60 per day)

If you would like us to keep your child's cash during the trip, we would be happy to do so.

Medical Information Sheet

Student's Name _____ Date of Birth: ____/____/____

Street Address: _____ City/State/Zip: _____

Parent / Guardians' Name: _____ Relationship: _____

Home phone: _____ Work phone: _____ Cell Phone: _____

Parent / Guardians' Name: _____ Relationship: _____

Home phone: _____ Work phone: _____ Cell Phone: _____

Emergency Contact Name: _____ Relationship: _____

Home phone: _____ Work phone: _____ Cell Phone: _____

Insurance Company: _____

Insurance Policy Number: _____

Physical Problems or Restrictions: _____

Is student currently on any medications: Yes ____ No ____

Please list: _____

Allergies: _____

Other Important/Needed Information: _____

Date of last tetanus shot: ____/____/____

Permission for Treatment

In case of injury during an activity with Arlington Public Schools, I hereby consent to have the above named student examined and, if required, to be treated by a physician or hospital. I understand that in the case of injury, Arlington High School will make every effort to contact me prior to taking the skier to a physician or hospital. In the event that I cannot be notified, the Arlington Public Schools and its representatives have my permission to take appropriate steps to ensure the safety and well-being of my child. I, the Parent or Guardian of the above named children, give The Arlington Public Schools and authorized personnel, permission to sign for treatment in case of accident or injury. I understand that I am responsible for informing the school of any changes in my student's health condition.

Parent or Guardian signature: _____ Date: ____/____/____

RELEASE FROM LIABILITY AND INDEMNIFICATION AGREEMENT

(Concerning an Arlington Public School Sponsored Program or Activity)

(Preface)

The Town of Arlington, like many Massachusetts municipalities, self-insures various aspects of its general liability exposure. This is another way of saying that any court recovery for injuries or damages arising from non-mandated athletic, field trip, or extracurricular activities must be paid from revenues that would otherwise be available for the providing of town services; not the least of which is educational programs. The Town wants the registrants in our programs to be aware in advance, that when they participate in certain activities, there is a natural element of risk of injury that each participant must assume. The Town does NOT carry medical or accident insurance for program participants. The costs of that type of insurance would make program fees prohibitive. Please review your own personal health insurance plan to be certain that you and your family have the proper coverage. The use of the following "RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT" document allows the Town to continue to offer quality education programs to our Arlington students at a reasonable or no-cost basis. Thank you for your cooperation and support

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RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT

(Regarding an Arlington Public School Sponsored Program or Activity)

Mr. Zierk's Amazing Maine Adventure

July 9 - 19, 2017

READ CAREFULLY

Please read this form carefully and be aware that, by participating in the above program, you will be waiving and releasing certain rights. The terms "I," "me," and "my" specifically include parents or guardians as well as the minor participants in the program. In registering for this program, you are agreeing as follows:

As a participant in the above Program or Activity, I recognize and acknowledge that there are certain risks of injury or damage and I agree to assume the full risk of same as against the Town of Arlington (as further collectively identified and described below). These risks include (but are not limited to) injury, death, damages or any other loss that I, or the minor, may sustain as a result of participating in any of the activities connected or associated with such Program or Activity.

I, We further agree to RELEASE and fully discharge the Town of Arlington and its departments, officers, employees, agents and all parental Program or Activity volunteers or chaperones (collectively referred to as "Arlington") from any and all claims, damages losses or expenses of whatever kind or nature which the minor may have or acquire or I, as the parent(s) or guardian(s) of the below-identified minor may have or acquire, arising out of or resulting, directly or indirectly, from my/our participation in the above program or activity.

I, We further agree to defend and INDEMNIFY Arlington, against any claim, damage, loss or expense of whatever kind or nature that Arlington may have to pay that arises from the minor's intentional, grossly negligent or reckless acts or omissions while participating in this Program or Activity.

[Both Parents or One custodial Parent or Guardian Must Sign and Date (if participant is under age 18)]

_____ Date _____

_____ Date _____

[Signature of Participant if Participant 18 years or older]

_____ Date _____

Canoe the Wild Release/Assumption of Risk

I, _____, [the participant or parent of a minor] hereby acknowledge the following:

This trip/course offered by Canoe the Wild [hereinafter known as Releasees] may take place in a remote wilderness setting and involve activities with numerous inherent risks from travel by canoe, or by foot (hiking) in a remote wilderness setting and exposure to potentially dangerous animals or plants. Such risks may result in significant injury including the potential for permanent paralysis, drowning or other means of death. In the event of an injury or illness medical facilities may be several hours and in extreme cases, possibly days away from remote settings (Some Canadian trips) and evacuation may be required by helicopter, airplane, etc. Participants are responsible for any additional costs incurred for evacuation as the result of injuries or illness. Travel may include the use of charter planes. I agree to follow the instructions of the trip leader and will bring to that leader's attention any unusual significant hazard that I observe. I will take steps to avoid such hazard. I recognize the danger of being under the influence of substances while participating in these activities and will refrain from using any substances in a manner that would affect my ability to respond to these inherent dangers.

I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, **Except for gross negligence on the part of Canoe the Wild and its agents**, and assume full responsibility for my participation in such inherently risky activities. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Canoe the Wild.**, its trip leaders and other agents and/or employees, from any and all claims, demands, losses, and liability arising out of or related to any **INJURY, DISABILITY OR DEATH** I may suffer, or loss or damage to person or property, **WHETHER ARISING FROM ANY NEGLIGENCE, ACT OR OMISSION OF THE RELEASEES**, to the fullest extent permitted by the laws of the State of Maine.

Canoe the Wild cannot be held responsible for any inconvenience, damage, delay caused by late departure, weather, water levels, itinerary changes, etc. We recommend that participants consider travel insurance for financial protection in case of flight delay or cancellation, lost or delayed luggage, or personal medical needs or emergency while on a trip. You can compare various insurance options on the website www.InsureMyTrip.com.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT. I FURTHER ACKNOWLEDGE THAT PARTICIPATION IN THIS TRIP IS A VOLUNTARY ACTIVITY AND NEITHER A PUBLIC SERVICE NOR A PRACTICAL NECESSITY AND I AM FREE TO DECLINE TO PARTICIPATE.

Trip Attending _____ Dates of Trip _____

Signed (parent/guardian if camper is a minor) _____ Date _____

Photo Release:

I hereby allow Canoe the Wild to use photographs or images of me/my child for appropriate promotional materials.

Signed (parent/guardian if camper is a minor) _____ Date _____

Canoe the Wild Health Record Form-Minors



****MUST BE COMPLETED TO ATTEND, PLEASE PRINT CLEARLY***

Name _____ Sex M _____ F _____
Address _____ City _____
State/ _____ Zip/Postal Code _____
Age _____ Date of Birth: Month _____ Day _____ Year _____ Height _____ Weight _____
EMAIL _____

Parents of Minors Attending Trip

Name _____
Home phone _____, Work _____
Mobile _____ EMAIL _____
In an emergency contact _____
Relationship _____, Home phone _____,
Work _____ Mobile _____

Do you have physical limitations? Yes _____ No _____ (If yes, please explain)

HEALTH HISTORY—Have you had any of the following: Chicken pox _____ Measles _____ Mumps _____ Appendectomy _____ Frequent Colds _____

Do you have problems with any of the following: Heart _____ Ears _____ Skin _____ Hernia _____ Stomach: Indigestion _____
Nausea/Vomiting _____, Lungs-Hay Fever _____ Asthma _____ Diabetes _____ Seizures _____ Headaches _____ ADD _____

Allergies (Please list) _____ Reaction _____ Degree (severe, moderate, mild) _____

1. _____
2. _____
3. _____

Last Tetanus Immunization _____

Please provide us with any other health information about you that would be helpful:

MEDICATIONS (for Minors when a parent/guardian is not along on the trip): All medications other than those needed on an immediate basis by the camper (i.e., bee sting kit) will be kept in the possession of the trip leader/guide. Please send medications in their original container (i.e., prescription bottle). Please list all medications currently used by the camper.

Medication	Dose	Time(s) of day
_____	_____	_____
_____	_____	_____
_____	_____	_____

EMERGENCY CARE AUTHORIZATION: In the case of an emergency, I understand that every effort will be made to contact parents or guardians of minors. In the event that I cannot be reached or in the urgency of circumstances makes it necessary, I hereby give permission to the physician selected by the trip guide or his designee to hospitalize, secure proper treatment for, and to order injection, anesthesia, or surgery to the person named above.

Signature _____ Date _____
(If camper is a minor) Relationship to Camper _____
Insurance Company _____
Policy # _____

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:

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: 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: _____

IMPORTANT INFORMATION PLEASE READ

MAINE KAYAK, INC.

WAIVER AND RELEASE OF LIABILITY

In consideration of Maine Kayak, Inc. furnishing services and/or equipment to enable me to participate in kayaking, paddle boarding, biking, whitewater kayaking or any activity associated with Maine Kayak, Inc. I agree as follows:

I fully understand, acknowledge, and agree: (a) that outdoor recreational activities have known, unknown, and inherent risks, dangers and hazards and such exists in my use of kayaking, paddleboarding or biking equipment and my participation in such activities; (b) my participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis, death or other ailments that cause serious disability; (c) these risks and dangers may be caused by the negligence of the owners, employees, officers or agents of Maine Kayak, Inc., the negligence of subcontractors, the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature or other causes; (d) risks and dangers may arise from foreseeable or unforeseeable causes including, but not limited to, terrain; boat and vehicle traffic; weather; tides, currents, and water levels; guide decision making, including that a guide may misjudge terrain, traffic, weather, trail, access, or route location and tides, currents, and water levels; risks of falling out of or drowning while in a kayak or paddleboard and such other risks; risk of accident or falling from a bicycle; hazards and dangers that are integral to recreational activities that take place in a wilderness, outdoor or recreational environment; and (e) by my participation in these activities and/or use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the owners, agents, officers, or employees of Maine Kayak, Inc., subcontractors to Maine Kayak, Inc., or by any other person.

I, on behalf of myself, my personal representatives and my heirs, hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify Maine Kayak, Inc., North Country Rivers, Inc., Lorimer Mcrae LLC., Maine Whitewater, Inc., Katahdin Forest Management LLC., (the "Releasees") and their owners, agents, officers and employees from any and all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise out of my use of kayaking equipment or my participation in kayaking activities.

I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the owners, agents, officers, employees or subcontractors of Maine Kayak, Inc. and the other Releasees. I hereby allow Maine Kayak, Inc. and any other person to take my picture for possible promotional usage in brochures, websites, and any other use. I have read the above waiver and release and, by signing it, agree. It is my intention to exempt and relieve Maine Kayak, Inc. from liability for personal injury, property damage or wrongful death caused by negligence or any other cause.

SIGNATURE

DATE OF BIRTH

DATE OF TRIP

SIGNATURE OF PARENT OR GUARDIAN

(If less than 18 years old)

ACTIVITY: SEA - LAKE - RENTAL - WHITEWATER

(CIRCLE ONE)

*****PLEASE PRINT***** PLEASE PRINT*****

NAME: _____ ADDRESS: _____

CITY: _____ STATE/PROVINCE: _____ ZIP/POSTAL CODE: _____

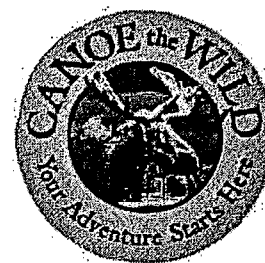
PHONE (HOME) _____ (WORK) _____

(CELL) _____ EMAIL _____

HAVE YOU EVER GONE KAYAKING WITH MAINE KAYAK BEFORE? YES NO (CIRCLE ONE)

HAVE YOU KAYAKED WITH ANOTHER OUTFITTER(S) - NAME? _____

Three Day St. Croix River Personal Gear List



- ☐ *Dry Bag for your personal clothing and sleeping bag (Sealine size 70 or 115 liter)
- ☐ *Dry Bag to use as a day bag (Sealine 20L or 30L)
- ☐ *Biodegradable soap
- ☐ Sleeping Pad
- ☐ Tent
- ☐ Sleeping Bag (I recommend a 20 degree F. bag, compact and packable)
- ☐ Quality rain coat
- ☐ 1-2 Warm synthetic tops for cool weather.
- ☐ Knit or felt hat in case of cold or rainy weather
- ☐ Windbreaker
- ☐ Hiking boots or sneakers for around the campsite (This pair you will never want to wear on the river so as to prevent having both pairs of shoes wet!)
- ☐ 1 pair of river shoes for canoeing and wading WITH GOOD TRACTION AND PROPER FITTING (Old sneakers with smart wool socks or similar)
- ☐ 2 quick drying pants (light cotton or synthetic, no jeans as they don't dry well when wet)
- ☐ 2 pair wool socks (synthetic or wool is best...smart wool)
- ☐ 2 pair cotton socks
- ☐ 2-3 pair underwear (cotton or synthetic)
- ☐ 2-3 undershirts
- ☐ 1 long sleeve shirt light in color (bugs and sun). Avoid navy blue, brown and black colors...these color attract bugs. Bugs should not be bad in during the middle of July.
- ☐ 1 towel
- ☐ 1 pair shorts and or quick drying swim suit
- ☐ Hat with visor (sun)
- ☐ Sunblock
- ☐ 1 bandanna
- ☐ Small flashlight (extra batteries)
- ☐ Personal toiletries: toothpaste & brush, deodorant. (we'll provide a small wash basin for use with heated water)
- ☐ Several gallon size ziploc bags to organize stuff in
- ☐ Pocket knife or one that you wear in a sheath on your belt
- ☐ 2 Personal water bottles (quart size or similar, stainless steel, plastic or lexan...no glass)

OPTIONAL GEAR LIST

- ☐ Fishing gear ☐ camera ☐ lip balm ☐ lotion ☐ small shave kit or wait until trip's end. ☐ Medications
- ☐ spare eye glasses ☐ Paddling gloves ☐ rain pants ☐ Long underwear top & bottom lightweight, synthetic or polypropylene are best

Note on Packing: I like to organize my personal gear and clothing in 3 or more 13 gallon size trash bags prior to placing in my waterproof river bag. If this is already done when we meet in Vanceboro, it will save us time transitioning into riverbags. Trying to stuff your pack or duffel bag into my river bag size 115L, robs room and makes it harder to fold and roll the river bag shut. Items you may want throughout the day can be transferred into a smaller dry bag size 30L bag. Don't forget to pack your fishing license if you plan on fishing!

*Provided

January 3, 2017



St. Croix River Canoe Trip
July 10-12

Group: Tom Zierk with 10 middle Schoolers and one other adult helper for a party of 12

Duration & Distance: 3 days and 2 nights, 20 miles Vanceboro to Loon Bay

Cost Per Person with a group of 12:

3 Day & 2 night Trip, \$395.00 per middle schooler, both adults come for \$195.00 each

The St. Croix River Trip

Designated as a Canadian Heritage River, the St. Croix flows along the eastern Maine border with New Brunswick, offers great wilderness scenery, moderate whitewater, maintained wilderness campsites, fishing for small mouth Bass and the opportunity to spot Bald Eagles. The St. Croix River is dam controlled which means it is runnable all summer long. With miles of quick water and numerous class I-II rapids, it's easy to see why the St. Croix is one of Maine's best canoe trips. Well suited for families and groups of all ages with little or no experience, the St. Croix is a great river to learn basic paddling and camping skills. The more advanced paddler will appreciate the quick water, numerous rapids and may even want to try their skill at solo paddling or canoe poling. Campsites located on the river's edge are rustic with picnic tables, fire pit and an outbox.

Group objectives and things to do: Canoe trip with plenty of time to have fun in camp and learn new skills Including cooking over an open fire and wilderness baking. We will include students in camp chores including fire wood gathering, building and lighting the camp fire, preparing and cooking meals, set up and taking down of camp, knots and uses of. Students will learn proper canoemanship including paddling in medium whitewater, canoe poling (standing up and propelling your canoe by pole), Your group will be accomplished canoe paddlers by trip's end with a desire for bigger trips and more whitewater! We can provide your students with an Introduction to fly fishing if you desire (we have several fly fishing poles).

Gear Provided and is of high quality: All necessary camping equipment including river bags to keep your clothing dry, durable Old Town canoes, type III life jackets, paddles, group tarp, cooking & eating utensils, meals while on the river, well stocked First Aid kit and for a little added peace of mind, a Delorme InReach two way satellite communicator. You may have some of your own equipment you prefer to bring, please contact us to discuss your gear.

Meals: Food is top notch and you will eat amazingly well!

Breakfasts include the best organic coffee, assortment of regular & herbal teas, juice & hot chocolate, organic whole grain hot cereal, fruit, omelets, buttermilk pancakes with all natural ingredients served with real Maine blueberries & syrup, and the traditional Maine guide breakfast of local farm fresh eggs, meat, potatoes.

Lunches are on the fly and may include make your own wraps with assorted breads, variety of meats and cheeses, Tuna, lettuce, pickles and tomatoes. Snack foods including trail mix, beef jerky, carrots, peanut butter, bars, cookies, fruit.

Suppers may include the best cuts of Ribeye steaks, Alaska wild caught salmon, vegetables, fresh cooked biscuits, BBQ chicken, spaghetti with Garlic bread, Chicken, rice, vegetables & dumplings, fresh salads and freshly baked desserts including brownies, strawberry shortcake and Bannock with fresh fruit.

Special dietary needs? Contact Dave to discuss any special dietary needs including food allergies.

You Provide: Personal clothing, sleeping bag, sleeping pads and tents.

Extra costs: Fishing license for non resident ages 16 and up is \$23.00 for a 3 day fishing license, ages 15 and under do not need a fishing license.

A deposit of \$200.00 per person is required to secure the trip with final payment due 30 days prior to the trip.

Dave Conley

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