

Thank you for participating in a Sunrise Canoe and Kayak multi-day trip.

The following forms are important in ensuring the success of your trip. As soon as you have received your trip confirmation from our office, kindly complete the PERSONAL INFORMATION AND TRIP AGREEMENT, RELEASE OF LIABILITY, and PERSONAL GEAR OPTION LIST pages for each member of your party and return them to our office at:

Sunrise Canoe and Kayak  
RR1 Box 344A  
Machias, ME 04654

or fax it to:

(207)255-3183

For your convenience, a packing list has been included at the end of these forms. Any questions regarding your trip may be directed to our office at (207)255-3375 or [trips@sunrisecanoeandkayak.com](mailto:trips@sunrisecanoeandkayak.com).



# Sunrise Canoe and Kayak

Leading you away since 1996 Machias, Maine

## Personal Information & Trip Agreement

**TRIP DATES:** \_\_\_/\_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_

**RATE:** \$ \_\_\_\_\_

Private Party

Group \_\_\_\_\_

YWCP

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Telephone** (home) \_\_\_\_\_ (work) \_\_\_\_\_

**Fax** \_\_\_\_\_ **Email** \_\_\_\_\_

**Date of birth** \_\_\_/\_\_\_/\_\_\_

**Occupation** \_\_\_\_\_

**(If participant is under 18, complete the next three lines)**

Parent of Guardian name: \_\_\_\_\_

Address- Parent's: \_\_\_\_\_

Telephone- Parent's ( ) \_\_\_\_\_ School ( ) \_\_\_\_\_

**Previous camping/canoeing experience** \_\_\_\_\_

**Describe your swimming ability:** \_\_\_\_\_

**\*Have you any illness, physical disability, temporary or chronic disorder, etc., that in any way might affect your participation?**

**If so, describe:** \_\_\_\_\_

**\*Are you currently under medical treatment that requires any drugs or medication? If so please list.**

**\*Do you have any dietary restrictions or preferences? Are you a coffee drinker?**

**TRAVEL ARRANGEMENTS** to and from Machias:

**Arrive:** \_\_\_\_\_ **Depart:** \_\_\_\_\_

**Where did you hear about Sunrise?** \_\_\_\_\_

**In case of illness or emergency, notify:** \_\_\_\_\_

(name)

(address)

(phone)

Sunrise Canoe and Kayak  
RR 1 Box 344A  
Machias, ME 04654  
www.sunrisecanoeandkayak.com



1-877-980-2300  
local: (207) 255-3375  
fax: (207) 255-3183  
info@sunrisecanoeandkayak.com

**RELEASE OF LIABILITY - READ BEFORE SIGNING**

I, \_\_\_\_\_, the undersigned,  
in consideration of being allowed to participate in any way in the **Sunrise Canoe and Kayak ("SCK")** program,  
It's related events and activities, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skills, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist. The same elements that contribute to the unique character of activity can be causes of loss or damage to equipment, accidental injury to participants, illness, or in extreme cases, permanent injury or death; and,

I acknowledge that canoeing and kayaking on rivers, coastal waters, and lakes entails known and unanticipated risks which 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. Whitewater rapids, wave/wind action, tidal currents, or fog may be encountered. Canoes and kayaks can capsize and/or fill with water; one may be washed out of the boat. You can slip or fall during a hike resulting in damage to equipment or personal injury. Accidents can occur getting in and out of canoes and kayaks. Canoes and kayaks are slippery when wet. Exposure to the natural elements can be uncomfortable and/or harmful. You should be aware that this exposure could cause sunburn, dehydration, heat exhaustion, heat stroke, and heat cramps. Also prolonged exposure to cold water can result in hypothermia and in extreme cases death. Accidental drowning is also a possibility. I understand that the use and proper wearing of a personal floatation device at all times is strongly recommended; and,

2. I understand and acknowledge the above list is not complete or exhaustive, and that other risks, known or unknown, identifies or unidentified, anticipated or unanticipated may also result in bodily injury, death, illness, or damage to myself, to my property or to others. I expressly accept those risks not specifically listed above as well. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of the risks; and,

3. **I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS**, both known and unknown, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES** or others, and assume full responsibility for my participation; and,

4. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the Company immediately; and,

5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS SUNRISE CANOE AND KAYAK**, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), **WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH**, or loss or damage to person or property associated with my presence or participation, **WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE**, to the fullest extent permitted by law; and,

6. This agreement shall be governed in all respects by the laws of the State of Maine; and,

7. Should it become necessary for SCK, or someone on SCK's behalf, to incur attorney's fees and costs regarding my participation in this activity, I agree to pay SCK reasonable costs and attorney's fees if SCK is not held liable for my injuries or damages.

**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.**

X: \_\_\_\_\_ Age: \_\_\_\_\_ Date Signed: \_\_\_\_\_

**FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE  
(UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these program as provided above, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES**, to the fullest extent permitted by law.

**PARENT/GUARDIAN SIGNATURE:** \_\_\_\_\_

**PRINT NAME:** \_\_\_\_\_

**DATE SIGNED:** \_\_\_\_\_

## PERSONAL GEAR OPTION LIST

I am bringing the following items of personal gear:

Tent: \_\_\_\_\_

Paddle: \_\_\_\_\_

PFD: \_\_\_\_\_

Dry bag or packing gear: \_\_\_\_\_

None of the above: \_\_\_\_\_

If the choice is available to you on your particular trip, do you prefer to paddle:

Solo: \_\_\_\_\_ Tandem: \_\_\_\_\_ No Preference: \_\_\_\_\_

Any special needs? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Notes/Explanations: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

If we are providing PFD-

Approximate PFD size:    **S**    **M**    **L**    **XL**    **XXL**

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

### \* PLEASE NOTE \*

Sunrise Canoe and Kayak, in conformation with specific dictates of its liability insurance coverage as well as the accepted safety standards of the professional whitewater and sea kayak industry, requires that all participants wear Personal Floatation Devices (e.g. "life vests") at ALL times on the water. Sunrise Canoe and Kayak regulations also prohibits the consumption of alcoholic beverages while on the water. By signing below the participant acknowledges these specific company policies and agrees to abide by them; further acknowledging that violation of these two regulations may invalidate all liability and/or medical insurance covering Sunrise Canoe and Kayak and its clientele.

\_\_\_\_\_  
Signature

## **Sunrise Canoe and Kayak Reservation and Cancellation Policy**

- **30% non-refundable deposit required to make reservations for multi-day trips or outfitting services. A \$10 per person deposit is required to make reservations for day trips. Deposit may be made with cash, check, Mastercard, or Visa. Reservations will be honored upon receipt of deposit. Mastercard or Visa credit card number is required for all rental reservations.**
- **Deposits are non-refundable within 30 days of reservation.**
- **Balances are due before trip departure or services rendered.**
- **Balances are non-refundable.**
- **No-shows or those leaving a trip early on their own accord will not receive a refund of either deposit or balance of payment.**

## PERSONAL PACKING LIST FOR CANOE TRIPS

### CLOTHING

Have two sets, "river clothes" and "camp clothes".

River clothes should provide warmth even when wet. Layering is an important principle in choosing your river clothes. For example a layering system consisting of long underwear, a long sleeve shirt, a sweater, a light jacket, and rain coat is that will serve you well under a wide range of paddling conditions whereas a tee-shirt and heavy coat will work well only under certain paddling conditions. The materials are as important as the garments themselves. For warmth under wet conditions synthetic fibers (fleece/pile) or wool are best. Although cotton may have its place on a river trip, it is never relied upon to provide warmth when wet

If your camp clothes follow the same principles then that's a bonus but the idea is that when you get off river for the day you have something warm and dry to change into and that when you go back on river the next day the river clothes go back on, dry or not.

\_\_\_ Brimmed hat or baseball cap and spare

\_\_\_ 2 Warm hats (wool or pile stocking hats for example) one for river and one for sleeping in cold weather

\_\_\_ Rain hat

\_\_\_ Two pair of synthetic long-sleeved underwear: polypro, capilene, or other miracle fabric but not cotton – one for river and one for sleeping in cold weather

\_\_\_ Two long-sleeved shirts or light fleeces, preferably with collar and pockets, at least one must be wool or fleece

\_\_\_ Wool or pile sweater

\_\_\_ Jacket, wool/pile, light windbreaker o.k. on warmer trips

\_\_\_ Waterproof rain suit: gore-tex, high-quality nylon, or industrial grade coat and overalls. This is a critical item.

\_\_\_ Principle pair of "river pants"; lightweight wool best in cooler seasons, sturdy grades of poplin, cotton etc. suitable for summer. Even in summer though, at least one pair of pants could be light wool or synthetic. All pants should be roomy and non-restrictive, and be equipped with both pockets and belt loops. No sweat pants.

\_\_\_ Second pair of "real" pants as spare

\_\_\_ Bathing suit

\_\_\_ T-shirts, tank tops

\_\_\_ "River shoes/boots". In all but hot summer weather, the canoe voyagers optimum choice of footwear remains the L.L. Bean Hunting Shoe, a.k.a. "Bean Boots"; rubber bottoms and 8-12 lace-up leather tops. This lightweight boot offers water resistance, good traction, ankle support, (but also flexes for kneeling), and gives the option of tucking in pants/rain pants legs. In warmer weather the recommended choice is an old or inexpensive pair of sneakers that will still provide ankle support, traction and protection. Wet-suit booties or the ever-popular teva-type sandals provide little support, traction, or protection.

\_\_\_ Second pair of "dry shoes" (sneakers, hiking boots, etc.) worn in camp only and preferably comfortable for hiking. Again, when faced with the reality of a wilderness situation and the possibility for avoidable injury, sandals fall far short of the qualities you need for a reliable "camp shoe".

\_\_\_ Neoprene socks or wool socks with lightweight “liner” socks superb for inside Bean Boots or other river shoes/boots. This combination will only provide a warmth factor to booties or sandals.

\_\_\_ Socks – wool and liners or polypro preferably one pair a day.

\_\_\_ Spare insoles for boots

\_\_\_ Sandals (such as Tevas) are a nice luxury item in hot weather but do not offer much foot protection in the river and are not comfortable when kneeling in a canoe and are downright dangerous around a campfire.

\_\_\_ Neoprene, wool, or other synthetic gloves for warmth when paddling in wet weather.

\_\_\_ Second pair of gloves for camp; for warmth, chores, etc

\_\_\_ Lightweight cotton gloves for paddling – optional for those who are sensitive to blisters and sun.

\_\_\_ Bandanas – at least 2 or 3 – they have many uses

\_\_\_ Underwear

\_\_\_ Belt, suspenders

### **NON-CLOTHING PERSONAL ITEMS**

\_\_\_ Tent – We are prepared to furnish you with either two or four person tents, however you are welcome to bring your own

\_\_\_ A small tarp or ground cloth excellent for many uses including an additional layer under your tent floor

\_\_\_ Sleeping bag – We recommend a compact synthetic three-season bag. Down is great comfort but on little if it gets wet. This is one item you definitely want to stay dry. The best way is to double-line the inside of the stuff sack with trash bags and then place the completed parcel in your dry bag or pack

\_\_\_ Sleeping pad – We recommend therm-a-rest self-inflating compact pads. However, we also provide closed-cell, non-absorbent foam pads.

\_\_\_ Toilet kit with the usual hygiene essentials.

\_\_\_ One towel

\_\_\_ Minor first aid supplies and medications; (we bring along a major medical/first aid kit)

\_\_\_ Sunscreen, lip balm, skin care lotion

\_\_\_ Second set of prescription glasses, sunglasses, contacts, or other important medications packed in someone else's pack, in another boat, should the unthinkable occur

\_\_\_ Flashlight or headlamp that points at the ground when worn around camp

\_\_\_ Spare flashlight, batteries, bulb, etc

\_\_\_ Knife

\_\_\_ Knee pads – an often overlooked item. Proper canoeing form generally requires kneeling and most people find that kneepads afford extra traction and comfort. Kneepads found at hardware stores work fine as long as they are not the hard-plastic type

\_\_\_ Daypack – not necessarily waterproof if you can waterproof individual items with Ziploc bags. Very important for keeping certain items conveniently within reach instead of at the bottom of your river bag.

\_\_\_\_\_ Other miscellaneous items, luxuries, and necessities include photographic equipment (spare batteries), fishing gear and license, binoculars, field guides, journal, personal supply of toilet paper (there will also be a group stash), water bottle, insect repellent head net, maps, compass, extra knife, identification, money, extra cord, personal liquor, compact personal snacks, and lighters/matches. We provide, although you are certainly welcome to bring your own, personal drinking cups, plates, and silverware. The same goes for water filtration systems, which we also provide where necessary.

\_\_\_\_\_ Packing Gear – waterproof river bags will be provided or you may bring your own

\_\_\_\_\_ Paddles, PFD's (a.k.a. lifejackets) and all other river related gear not to mention canoes, will be provided for you, although you are always welcome to bring any of your own equipment providing it is suitable. RULE: PFD's are either worn, in a tent, or secured to a fixed object at all times.)

**\*\*\* Remember – Pack simple, pack light. \*\*\***