

Sunrise Canoe and Kayak

Canoe trips, kayak tours, rentals, and river guides since 1996.
Go canoeing or kayaking in Maine, it's good for the soul!

(207)255-3375

info@sunrisecanoeandkayak.com

www.sunrisecanoeandkayak.com



TRIP FORMS

incl. Pertinent Information, Release of Liability, Personal Gear Option List, Reservation/Cancellation Policy, and Personal Packing List

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

Our goal is to meet if not exceed your expectations while providing a river trip you will not forget. Because of the nature of our trips, it is very helpful to us in striving to meet this goal to have some additional information about you before preparing for your upcoming trip.

Please take a moment to look through the following pages and kindly complete the **Personal Information & Trip Agreement**, **Release of Liability**, and **Personal Gear Option List** and return them to our office by either of the following methods:

print out and mail to:

Sunrise Canoe and Kayak

68 Hoyttown Road

Machias, ME 04654

fill and sign the .pdf (or print out and scan) and email to:

info@sunrisecanoeandkayak.com

Also included for your reference are copies of our **Reservation & Cancellation Policy** and a suggested **Personal Packing List** for your trip. If you have questions regarding your trip please contact me by phone at [877-980-2300](tel:877-980-2300) or [\(207\)255-3375](tel:207-255-3375), or by email at info@sunrisecanoeandkayak.com.

See you on the water soon!

Rob Scribner



Sunrise Canoe and Kayak

Canoe trips, kayak tours, rentals, and river guides since 1996.
Go canoeing or kayaking in Maine, it's good for the soul!

(207)255-3375
info@sunrisecanoeandkayak.com
www.sunrisecanoeandkayak.com



PERTINENT INFORMATION

TRIP: _____ DATES: _____ to _____ RATE: \$ _____

Name: _____ Date of birth: ____ / ____ / ____

Address: _____

Phone: (home) _____ (cel) _____ (work) _____

Email: _____ Occupation: _____

Emergency contact: _____
(name) (relation)

(address) (phone) (cel)

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 requiring medication that your guide(s) should know about? If so please list: _____

Do you have any dietary restrictions or preferences? Do you drink coffee? _____

Do you have travel arrangements concerning your arrival at or departure from our trip meeting place that we should be aware of?

Arrival: _____

Departure: _____

Where did you hear about Sunrise? _____

RELEASE OF LIABILITY - READ BEFORE SIGNING

Print Name on Line ➤

I, _____ the undersigned,

in consideration of being allowed to participate in any way in the Atlantic Kayak Tours, Inc. dba **Sunrise Canoe and Kayak** ("SCK", "the Company") 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 this 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. One 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, kayaks, rocks, trees and almost everything else are slippery when wet or icy. Exposure to the natural elements can be uncomfortable and/or harmful. I am 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, identified 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 Atlantic Kayak Tours, Inc. dba SUNRISE CANOE AND KAYAK**, SCK, the company, 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.

Participant

Signature ➤ _____ Age ➤ _____ Date ➤ _____

PARENTS or GUARDIANS of PARTICIPANTS under age 18 please read, print, sign, and date

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her participation in this activity and consent and agree to his/her release of liability 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 NAME: _____

SIGNATURE: _____

DATE: _____

PERSONAL GEAR OPTION LIST

Name: _____ Trip: _____ Dates: _____

Height: _____ Weight: _____

Approximate PFD size: S M L XL XXL

I would prefer to paddle: Solo Tandem No Preference

Sunrise Canoe and Kayak is ready to outfit all participants with quality paddling and camping gear including the items listed below. However, if you have personal gear you intend to use on the upcoming trip, please let us know with the understanding that you are only bringing the items that you check and intend to use our equipment otherwise.

I intend to bring my own:

- None of these, just making clear I intend to use all Sunrise gear.
- Tent..... *model:* _____
- Sleeping pad or mattress.....*model:* _____
- Paddle..... *model:* _____
- PFD..... *model:* _____
- Personal packing gear.....*model:* _____
- Day bag or box.....*model:* _____
- Canoe or kayak..... *model:* _____

*** PLEASE NOTE ***

Sunrise Canoe and Kayak, in conformation with accepted safety standards of the professional whitewater and sea kayak industry, as well as commonly accepted rules to safe boating, along with common sense, requires that all participants wear Personal Floatation Devices (e.g. "life vests") at ALL times on the water. Sunrise Canoe and Kayak regulations also prohibit 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 failing to abide by these two safe boating practices may very well invalidate any insurance policy.

Signature Date

Sunrise Canoe and Kayak

Canoe trips, kayak tours, rentals, and river guides since 1996.
Go canoeing or kayaking in Maine, it's good for the soul!

(207)255-3375

info@sunrisecanoeandkayak.com

www.sunrisecanoeandkayak.com



Reservation and Cancellation Policy

- 30% deposit required to make reservations for guided trips, rentals, or outfitting services.
- Reservations will be honored upon receipt of deposit.
- Deposits are non-refundable, non-transferable.
- Balances are due in our office two weeks prior to trip or services.
- Balances are non-refundable, non-transferable.
- Participants leaving a trip, rental, or service early will not receive a refund.
- Deposits and balances may be paid with cash, check, Mastercard, Visa, Discover, AMEX, or PayPal.
- Credit card number is required for rentals.

No-shows will be charged the balance of their reservation.

Updated March 25, 2021

Sunrise Canoe and Kayak

Canoe trips, kayak tours, rentals, and river guides since 1996.
Go canoeing or kayaking in Maine, it's good for the soul!

(207)255-3375

info@sunrisecanoeandkayak.com

www.sunrisecanoeandkayak.com



PERSONAL PACKING LIST FOR CANOE TRIPS

CLOTHING

Have two sets, “paddling clothes” and “camp clothes”.

Paddling clothes should provide warmth even when wet. Layering is an important principle in choosing your paddling clothes. For example a layering system consisting of long underwear, a long sleeve shirt, a sweater, a light jacket, and rain coat 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 to camp you have some warm, dry, comfortable clothes to change into that you intend to keep that way the entire trip. In order to keep them that way, conditions may occasionally dictate you not change into your camp clothes until you are in your tent for the night. Equally important to this principle is that when you get ready to paddle the next day the paddling clothes go back on and your warm, dry, comfortable camp clothes are packed somewhere safe and dry for the upcoming evening.

___ Brimmed hat or baseball cap

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

___ Rain hat or hood on rain or shell outer layer

___ Sunglasses with croakies

___ Prescription eyewear (ideally 2 sets, with croakies and/or maintenance equipment)

___ Sunscreen

___ Lip balm

___ Insect repellent (kept isolated from any man-made material)

___ Two pair of long-sleeved underwear: polypro, capilene, wool or other miracle fabric but not cotton – one for river and one for sleeping in cold weather, one set usually ok for warmer trips

___ Two long-sleeved shirts or light fleeces, preferably with collar and pockets, at least one must be wool or fleece (see “paddling pants” for additional thoughts)

___ Wool or fleece outer layer with zipper, light windbreaker ok on warmer trips

___ Waterproof shell with hood/hat, jacket, and pants: gore-tex\$\$\$\$, high-quality nylon\$\$, or industrial grade rain coat and overalls\$-\$\$\$. For spring/fall trips this is a critical item that has no substitute when it is called upon to perform during wet and/or windy conditions. Remember, for you to get the most out of your outdoor experience this item needs to perform while you are active, a quality that cheap “hardware store” rain suits will fail at (especially the pants).

____ Principle pair of “paddling 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. Denim, “jeans”, or “cotton sweats” are marginal at best for a principle pair of “paddling pants”. These weaves of cotton are malicious when wet. All pants should be non-restrictive, pockets are usually helpful, and while they protect your legs from the sun the cold and the bugs, they also need to provide abrasion resistance in the following scenarios: an unintentional swim at 5-6mph down a rock strewn rapid, a slip on an algae covered ledge or boulder, a walk through the Maine woods, or simply kneeling in a canoe.

____ Second pair of “real” pants as spare

____ Bathing suit or shorts

____ T-shirts, shorts, tank tops, etc; Outfitting yourself for warm weather is a lot more fun but the ability to cover up and still be comfortable is an important consideration.

____ “Paddling shoes/boots” (see “paddling pants” to reset the mood) A good all-around paddling shoe should be selected with the following qualities in mind: ankle support, traction, flexibility when kneeling, protection while swimming a rapid or walking through brush, and warmth. The traditional L.L. Bean Boot with it’s rubber bottoms and leather tops scores high in these categories. Many styles of rubber boots score highly as well but are not so comfortable in warmer weather. For hot summer months there are many styles of “water sneakers” and “water shoes” that will fit the bill as will any old pair of sneakers. Consider the fair-weather favorites like wet-suit booties, teva-type sandals, crocs, and flip-flops as they relate to the above qualities. All score poorly in at least two of the above categories, are downright dangerous around a campfire, and crocs and flip-flops will float away or simply fall off your foot when you need them most.

____ Second pair of “dry shoes” (sneakers, hiking boots, etc.) worn in camp only and preferably comfortable for hiking if needed. 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”.

____ Socks- synthetic or wool with a pair a day in addition to your camp socks is preferable (having dry socks to put on under your river shoes or dry lightweight “liner” socks to put on under your river socks each morning is a manageable luxury).

____ Spare insoles for boots in cold weather

____ Gloves- maybe river and camp gloves on colder trips, lightweight cotton for blister and sun protection in warm weather, gloves with some “gription” better for paddling.

____ Bandanas – at least 2 or 3 – they have many uses

____ Underwear

____ Belt, suspenders

NON-CLOTHING 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 useless if it gets wet. Either way this is one item you definitely want to stay dry. The best way is to line the inside of the stuff sack with a plastic trash bag and then place the completed parcel in your dry bag or pack.

____ Sleeping pad – We can provide you with closed-cell, non-absorbent foam sleeping pads but if you don't already have one and are looking to invest in a piece of personal gear (and already have decent rain gear if going on a spring/fall trip) a self-inflating therm-a-rest style air mattress is well worth considering.

____ 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 (pointed at the ground when worn around camp)

____ Spare flashlight, batteries, bulb, etc

____ Knife (or two), just remember it won't get used if it's not accessible

____ Knee pads – an often overlooked item. Decent knee pads will offer both comfort and traction against the floor of the canoe but will I actually need them? Kneeling adds stability to the canoe while increasing the power of your paddling strokes and is generally accepted as the most effective position for sending last minute requests towards the heavens should things start to go badly. However, unless you are used to this style of paddling there are typically only 1-2 short sections of river on the St. John and St. Croix where folks consider the added advantages of kneeling (and might actually elect to do so) while on the Machias folks will typically make these considerations up to 2-3 times a day and remain more open to the advantages.

____ Day pack – 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, personal 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.