



Sunrise Canoe and Kayak

Maine canoe trips, kayak tours, rentals, and river guides since 1996.

MULTI-DAY TRIP FORMS

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

Our goal is to meet if not exceed your expectations while providing a paddling experience you will not soon forget. Because of the nature of our multi-day 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. They are intended to help us meet or exceed your expectations for an enjoyable and safe experience.

Kindly complete the **Personal Information & Trip Agreement**, **Release of Liability**, and **Personal Gear Option List** for each member of your party and return them to our office at:

Sunrise Canoe and Kayak
68 Hoyttown Road
Machias, ME 04654

or fax to:

207-255-3183

Also included for your reference are copies of our **Reservation & Cancellation Policy** and a suggested **Packing List** for your trip. Any questions regarding your trip may be directed to our office at 207-255-3375 or info@sunrisecanoeandkayak.com.

See you on the water soon!

Rob and Jen

Sunrise Canoe and Kayak
68 Hoyttown Road
Machias, ME 04654
www.sunrisecanoeandkayak.com



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



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PERSONAL INFORMATION & TRIP AGREEMENT

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

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

Address: _____

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

Email: _____ Occupation: _____

Emergency contact: _____
(name) (relation)

(address) (phone) (cel)

Parent or Guardian Information (if applicable):

Name: _____

Address: _____

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

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? _____

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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 **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 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: _____



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RESERVATION AND CANCELLATION POLICY

- 30% deposit required to make reservations for multi-day trips or outfitting services.
- \$10 per person deposit required to make reservations for day trips.
- Reservations will be honored upon receipt of deposit.
- Deposits are non-refundable.
- Balances are due in our office two weeks prior to trip or services.
- Balances are non-refundable.
- Participants leaving a trip early will not receive a refund.
- Deposits and balances may be paid with cash, check, Mastercard, or Visa.
- Mastercard or Visa credit card number is required for rentals.
- No-shows will be charged the balance of their reservation.

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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, occasionally conditions may 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 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

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

___ Wool or fleece outer layer with zipper, light windbreaker o.k. on warmer trips

___ Waterproof shell with hood/hat, jacket, and pants: gore-tex\$\$\$\$, high-quality nylon\$\$\$, or industrial grade rain coat and overalls\$-\$\$\$. This is a critical item that has no substitute when it is called upon to perform. 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" rainsuits 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. Long underwear, shorts, and shell pant system ok (especially for sea kayaking). Even in summer though, at least one pair of pants could be light wool or synthetic. Denim, “jeans”, or “cotton sweats” are NOT OK 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 seaweed/algae covered ledge or boulder, a simple walk through the Maine woods, or simply kneeling in a canoe.

_____ Second pair of “real” pants as spare

_____ Bathing suit or shorts

_____ T-shirts, tank tops, etc (remember while the consequences of not outfitting yourself for rainy, cold, or buggy conditions can be dire or at least really uncomfortable, seasonal conditions are referred to that way for a reason!)

_____ “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, and protection. In all but hot summer weather, the 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. They are an excellent choice for canoeing or as a second pair of footwear on kayak trips. 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. This boot is mentioned as one good example and it is understood that there are many other fish in the sea when it comes to footwear, however any footwear you expect to rely on in a wilderness setting should be evaluated with the above qualities in mind. For kayaking or warmer weather canoe trips there is a wide variety of closed-toed water shoes on the market which provide ankle support, traction, flexibility, and protection in much the same way as an old or inexpensive pair of sneakers will. Seriously reconsider the qualities of wet-suit booties, the ever-popular teva-type sandals, or crocs as they relate to the above qualities. All are extremely poor examples of general use footwear and only the wet-suit booties fit as a viable option for staying warm and flexible in a kayak (but you still have to land from time to time at low tide with 50 yard upward grade of algae covered, barnacle encrusted, periwinkle inhabited rock covered by a thick blanket of seaweed which you and your boat will need to ascend in order to find a tent site, lunch, or breathtaking scenery). Of the other two, teva-type sandals offer no protection in the event of an unintentional swim or walk through the woods and are downright dangerous around a campfire while croc-type tend to swim 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. 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

_____ Neoprene, leather, or other gloves with some “gription” for warmth or abrasion resistance when paddling.

_____ Second pair of gloves for camp; for warmth, chores, etc

_____ Lightweight cotton gloves for paddling in warm weather for blister and sun protection

_____ 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 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 (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. 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

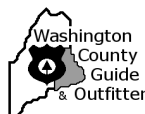
___ Daypack – not necessarily waterproof if you can waterproof individual items with Ziploc bags. Very important for keeping certain items conveniently within reach instead of at the bottom of your river bag.

___ 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.)

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