



Outdoor Leader Trainers Of America
Bob Myron
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04222

1-6-09

Dear Paddling Enthusiast,

Thank you for your interest in our Kayak Expedition Camping course. We would really enjoy helping you bring your kayak camping skills to a new level as we share the wonderful experience of Casco Bay. Casco Bay is a wonderful place that consists of magnificent views of the rugged Maine coast, a host of beautiful islands and a working water front. Our goal is to make this the best kayaking vacation you have ever had. This course is designed for those of you who have made the investment in your own equipment and decided to learn about kayak camping as well as have the desire to experience the Maine coast. Please take a few minutes right now and read through this packet. We are requesting a response from you in the near future!

You can rest easy knowing that you have chosen a company who cares about you and your experience and prides itself on offering professional outdoor experiences with a personal touch.

We will spend a little time getting to know each other at pre-trip meeting the night before the trip

Your Guide will be a skilled and patient instructor as well as someone who will enjoy cooking you tasty wholesome meals. (Meals will be prepared using a camp stove.) Your safety will be the number one concern of your Guide. The islands that we camp on will provide us with room for our tents, the sounds and smells of the ocean and if we are lucky some wildlife to view. Part of the learning experience will be to enjoy the islands and minimize the signs that we have visited them. We will be using Leave No Trace techniques while camping and we will carry everything to and from the Islands in our kayaks.

Outdoor Leader Trainers of America will provide you with a group tarp, cooking gear and stove, group first aid kit, experienced Maine Sea Kayak Guide and ACA Open Water Certified Kayak Instructor as well as meals starting with day 1 lunch through day 3 lunches.

Enclosed please find a "To Bring List". For the safety of our entire group we ask that you arrive **with everything on this bring list**. A common question among our guests is: Will I really need everything on this list? The answer is: You might, and we would rather you have it and not need it than need it and not have it! This list is compiled from over 10 years experience of guiding in this region. If we have mild temperatures and sunny days you may never open your bag with fleece sweaters, rain gear and wool socks. On the other hand if we have a few days of rain, wind and falling temperatures, you will be very happy to have this warm clothing handy. Days tend to be from 50 to 80 degrees and nights from 40 to 55 degrees fahrenheit. Water Temperatures will tend to be from low to high 50's this time of year.

To better prepare us for any medical emergencies we ask that you take the time to fill out the enclosed medical form and questionnaire and get it to us as soon as possible. We may also ask you to bring an extra weeks supply of any life sustaining prescription medications that you are currently using or may need.

On **July 6, 2009** we will meet at the Maple Hill Bed and Breakfast in Freeport Maine at 5:30 PM for a pre-trip meeting and gear check. Please bring all of your gear to the meeting. You may wish to eat before you come to the meeting. The meeting usually takes a couple of hours or more. We will discuss tides, weather, rough itinerary, gear, packing and trip details, learn your personal goals and talk about how we can work together to enhance the safety and enjoyment of

everyone on the trip/ If you wish to sleep at the Maple Hill B&B after the meeting, you can make your reservations in advance by calling 1-800-867-0478. (They will even get up early and make you an awesome breakfast!) If you tell them you are traveling with OLTOA you will receive a 15% discount on your room. If you wish to camp out there are a few campgrounds in the area. We will plan to meet at the put in early the next morning.

Out time together will look something like this:

Day 1: Meet at the put in and talk about effectively packing a sea kayak for camping trips. After loading our boats we will do some light stretching, have a discussion on group travel and general safety considerations, put on our paddling gear and set off on our trip

Day 2: will include a variety of skills and experiences. Each trip takes on its own shape as some of what happens may be determined by the personal goals of the trips guests. On some trips we spend time learning camp cooking skills, on others general navigation and compass use and even kayak rescue skills if time and conditions allow. Each day we will likely get up and eat, work as a team to break camp and get out on the water so we can enjoy nature at its finest. We may have the good fortune to see eiders, harbor seals, bald eagles and other birds of the Maine coast.

On Day 3 we will head for our take out where we will part company. Due to a variety of weather conditions, group strengths and other logistical operations we may get back to the take out later in the day. We suggest that you plan to spend the night in Freeport if you have a long drive ahead of you. Get a good rest after your trip and then head home in the morning.

This program will challenge each person to his or her level of comfort and every person should leave with some new tools in their paddler's toolbox. Individuals who plan to participate in this class should feel comfortable spending several hours a day in a kayak, exiting an overturned kayak and swimming in an ocean environment while wearing a Personal Floatation Device. Individuals should feel comfortable carrying a portion of a loaded kayak over uneven terrain for a distance of 100 yards (Note: We will always help each other carry kayaks and no one will be asked to carry a loaded kayak alone.

To help maximize the safety and learning experience for every person involved in this program, we ask that you arrive with **all of the required items on the "Bring List"**. If for any reason you or anyone in your party is missing a required piece of equipment, please let me know at least one week in advance and I will do everything I can to try to assist you in obtaining the gear needed. (Yes, we know this is written twice! 😊)

Trip fee: \$450.00 (\$425.00 if you register more than 45 days prior to start date!) **Full payment is needed to confirm your reservation.** We reserve the right to cancel this program if the number falls below the minimum number of 5 guests. If you decide to cancel on or before **45 days prior to course start time** you will receive a 100% refund. If you cancel between 30 and 45 days prior to class start time you will receive a 50% refund. If you need to cancel after that time no refunds will be given. You may wish to consider trip insurance.

Enclosed (or on the website) please find a confidential medical form. Please return the Medical History form and your deposit to me ASAP.

Yours in adventure,

Bob Myron, ACA Advanced Open Water Coastal Kayak Instructor Trainer, Master Maine Sea Kayak Guide

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www.oltoa.com

207-720-0257

Bring list and directions below

Bring List and directions for Kayak Expedition course

Required items:

Kayaking Equipment

- 16 foot or longer Sea Kayak with Forward and aft bulkheads and hatches large enough to accommodate your camping gear and some group gear (Boat must be approved by OLOTA staff prior to arrival)
- Spray Skirt
- Kayak Paddle
- Boat Compass
- Bilge Pump and Paddle float
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Clothing for camp

- 2 Pair of wool socks
- Footwear for camp , close toed shoes with good traction
- 1 Pair of non-cotton pants that will dry quickly
 - Note: Quick Dry Nylon pants with zip off legs work well
- 1 Pair synthetic long underwear bottoms
- 5 pr Briefs or underwear
- ** 1 Synthetic long underwear tops
- **1 or 2 Fleece Sweaters or 1 fleece sweater and 1 fleece vest(That can be worn together to form a layer system
- Rain Gear (This should be of good quality and include a Hooded Rain Jacket and Rain Pants)
 - Be sure the rain gear is large enough to fit over the fleece sweaters
 - A Rain hat is highly recommended
- **Warm hat that will cover your ears

Clothing for paddling:

- Short farmer john wetsuit or Hydro wear
- Paddling Jacket & ** 1 Synthetic long underwear top
- Properly fitted US Coast Guard Approved Personal Floatation device in good condition (with attached whistle)
- Sun hat /sunscreen/sun glasses with safety strap
- Paddling shoes that will stay on if you swim! (These will get wet)
 - Suggestions: Wetsuit booties with a sturdy sole or old sneakers with wool socks, Sport Sandals with closed toes and Neoprene socks work too!

Personal:

- Any Personal Medications you may need (**Note: If you are taking prescription, life sustaining meds such as epinephrine, Asthma inhalers, blood pressure meds etc. Please bring an extra week's supply for your Guide to carry**)
- Personal Hygiene kit: Tooth brush with trial size toothpaste, small package of baby wipes, bandana, bio-degradable soap, bathroom tissue, feminine hygiene products and ditty bag**
- 2- 1-quart water bottles (full of water) or a hydration system

Camping Gear:

- 1 Sleeping pad that folds to smaller than 7" x 16



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- 1 Sleeping Bag that will compress to a small size and be capable of keeping you warm in 30 degree F temperatures
 - This sleeping bag needs to be packed in a super water tight container*
 - The sleeping bag should take up about 1/2 the room that the Sleeping pad does, it is ok if it is a little larger in diameter: (8x18 or smaller would be a nice target size)*
 - Flashlight or Head lamp (Ideally waterproof)*
- 2 person backpacking tent (We may have 2 people per tent ,ask us why)*
- ***Several small dry Gear Bags to carry all of the above items in
 - Several smaller bags slide into your hatches easier than 1 or 2 large ones
 - Note these items should all fit into 1 hatch, leaving most of the other hatch available for group gear and food

Optional Items:

- Waterproof camera (carry at your own risk)
- Dry suit or dry top
- NOAA Nautical chart # 13290

- ***“Cotton Kills” is a common slogan of the outdoor enthusiast. Cotton, while very comfortable when dry, will get wet and stay wet in a river environment. Wet cotton clothing enhances evaporative cooling and speeds up the process of hypothermia. One cold person with wet cotton clothing can severely alter the experience of the entire group. Please arrive with “Non-Cotton” clothing to paddle in. Thank you

*** Dry gear bags can range from specially designed waterproof kayaking dry bags to Old Nylon stuff sacks lined with Doubled up Heavy Duty Trash Bags

Directions to B&B

Take Exit 44 off the Maine Turnpike onto I-295 North
Take Exit 22(formerly 20) off I-295 to Freeport Village
Go left at light
Take an immediate left on Maple Avenue
You'll see us on the right (5th house up)!
Feel free to print out this page for your trip

Note: Our put in we be within a 1 hour drive of the B&B.

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