



Outdoor Leader Trainers Of America
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04222

1-8-09

Dear Paddling Enthusiast,

Thank you for your interest in our Allagash Waterway canoe experience. We would really enjoy helping you bring your canoeing skills to a new level as we share the wonderful experience of the Allagash Wilderness Waterway. Our goal is to make this the best canoeing vacation you have ever had. 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. Your safety will be the number one concern of your guide.

The Allagash Waterway is a wonderful place that consists of more than 100 miles of lakes, streams, river and ponds... We will be doing a section of this waterway, which section we decide to do will depend on water levels. If the river is low we may opt to spend our time on the lakes or a deeper section of river. We choose to do this trip in the fall as the crowds are gone, the bugs are few and the evening sky is amazing! This trip is designed for people looking for a canoe-camping vacation. Folks with minimal canoeing experience are welcome on this trip. Moose, deer, loons and eagles will share the wilderness with you as we paddle along the shores of Maine's most sought after canoeing destination. To participate in this experience you must have an adventurous spirit, be able to sit in a canoe for extended periods of time, carry a 35 pound pack over ¼ mile of uneven terrain and be comfortable in a remote environment. You must also be comfortable swimming while wearing a Personal Floatation Device.

Your Guide will be a skilled and patient instructor as well as someone who will enjoy cooking you tasty wholesome meals complete with some fresh baked deserts. Meals will be prepared using a camp stove and open fire. The campsites all have a rustic picnic table, fire ring and outhouse.

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 20 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. October Days tend to be from 45 to 60 degrees and nights from 20 to 45 degrees Fahrenheit.

Outdoor Leader Trainers of America will provide you with a group tarp, cooking and eating utensils, 1 tent for every 2 people, group first aid kit, canoe and related equipment and meals starting with day 1 lunch through day 6 lunch. OLTOA will cover all fees to enter the Allagash Waterway, camping and shuttle fees from the hotel to the waterway and return. as well as canoe rental.

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.

October 1 We will meet at *(at to be determined location between Presque Isle and Fort Kent 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. We will discuss water levels, gear, 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. You can make reservations at:TBD

Day 1: Have breakfast as a group at the hotel and then meet our shuttle driver who will pick us up at the Hotel. We will then be driven to the starting point of our trip, pack the canoes, do some light stretching and review entering and exiting a canoe and discuss basic canoe strokes as the group needs. We will then set off on our trip, paddle at a leisurely pace to our campsite and set-up camp.

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 on learning camp cooking skills, on others map and compass use and even basic river 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 hear loons, see bald eagles and deer or moose.

On Day 3 we will head for our take out where we will meet our shuttle driver. We will then be driven back to our hotel where we will part company. Due to a variety of water levels, group strengths and other logistical operations we may get back to the hotel late in the day. We suggest that you plan to spend the night at the hotel. Get a good rest after your canoe 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 swimming in a river environment while wearing a Personal Floatation Device. They need not have river-canoeing experience, but comfort in a canoe would be a great asset.

Depending on river levels we may have the opportunity to paddle a river section with up to a class 2 difficulty.

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! ☺)

The cost for this experience is \$520 (495.00 if you register more than 45 days prior to start date!) per person

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 6 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. If you are making flight reservations you may wish to consider purchasing 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 Whitewater Canoe Instructor, Master Maine Guide

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www.oltoa.com

207-720-0257

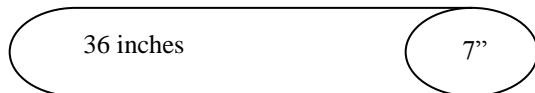
*OLTOA is in the process of searching for a good meeting location for this trip

Bring list and directions below

Bring List and directions for Allagash Waterway Canoe camping trip

Required items:

- 1 Whistle on a lanyard
- 3 Pair of wool socks
- Footwear for camp , Gum Rubber boots (Bean Boots) or light hiking shoes work well
- 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 Neoprene socks work too!
- 2 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
- 1 Pair Light weight fleece pants
- 6 pair Briefs or underwear
- ** 2 Synthetic long underwear tops
- **2 Fleece Sweaters (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 and pants
 - A rain hat is highly recommended
- **Warm hat that will cover your ears
- 1 Pair thin synthetic gloves
- 1 pair warm gloves (Non-cotton)
- Sun hat
- Sun glasses with safety strap
- Sunscreen
- 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 weeks 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) at least one should be a wide mouth bottle
- A set of comfortable dry clothing for the ride home (You can keep this in your car)
- 1 Sleeping pad that folds to smaller than 7" X36"



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- 1 Sleeping Bag that will compress to a small size and be capable of keeping you warm in 10- 20 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)***
- **2-Dry Gear Bags to carry all of the above items in
 - Bag 1: Smaller Bag or day pack to contain: Sunscreen, Rain gear, and other items you will need for the day
 - Bag 2 Should seal closed to a size of 35" tall and 15 " in Diameter
- Optional Items:
 - Waterproof camera (carry at your own risk)
 - Paddle or *Personal Floatation Device
 - *Tent

* Tent and Personal Floatation Device must be inspected and approved by your guide

- **"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 Professional River Duffle Bags to Old Nylon Gym bags lined with Doubled up Heavy Duty Trash Bags

Note: If you need help obtaining a piece of equipment please contact us well in advance and we will do our best to help. We want to see you on the water!