



NOLS ALUMNI TRIP
MAINE SEA KAYAKING
SEPTEMBER 21 – 27, 2008

Trip Description:

This sea kayaking adventure explores some of the hundreds of islands scattered along the Deer Island Archipelago just south of Acadia National Park in Maine. Many of Maine's islands are connected and regulated through the Maine Island Trail Association, a non-profit organization that promotes the careful usage of both private and public lands throughout Maine's outstanding coastline. We will camp on a few of these islands and paddle among the spruce, granite and clear waters that make Maine famous. As we step out of our boats for short hikes on the Isle au Haut or Green Island we will step back into centuries of maritime history. Lobstering and fishing are still the backbone of the coastal village of Stonington, our starting point of our week in one of the best kayaking areas in the country.

Plan to bring along your camera and binoculars for sightings of mink, seals, deer and a variety of coastal birds. September is a great time to visit the area, warm days, cool nights and autumn colors are the norm. Our days will be full, but designed to balance exploring, relaxing, skill building, cooking and eating really well.

This trip is for all skill levels, from beginner to expert. We will provide opportunities to learn a wide variety of skills depending on participant's interest and abilities. Basic and advanced strokes, navigation, on water leadership and decision-making are just a few of the skills we will practice. Participants will get a chance to paddle a number of hard-shelled kayaks, both singles and doubles as we travel in a variety of conditions that could include light wind and chop, fog or flat-calm sunny days.

Trip Progression:

We will meet at 3:00 p.m. on September 21st at Old Quarry Ocean Adventures, 130 Settlement Road, Stonington, Maine, 04681.

We will start with a short introduction and orientation before a gear check and kayak packing class. We plan to make dinner and stay at a group site at Old Quarry that night. The next morning, after breakfast, we will pack our boats, work on some introductory skills and paddle off to our first destination of the week. We will paddle in a loop, camping on two or three islands, depending on conditions. Some days we will do day trips in relatively empty boats. We will return to Old Quarry on the morning of the 27th for gear cleaning, showers and a lunch banquet. You are welcome to stay with us at the campground on the 27th, but the trip is officially over after our lunch.

This NOLS Trip occurs in a relatively remote Maine island group, perhaps a day or more from medical facilities. Communication and transportation are difficult and sometimes evacuations and medical care may be significantly delayed.

NOLS provides all of the group and kayaking gear, if you have a favorite paddle or Coast Guard approved P.F.D. you are welcome to bring it along. Please see the equipment list for the things you will need and we can't provide.

Trip Cost: \$1200 – this includes instruction, kayaks, group camping gear, and rations on the trail.

Travel Information:

Driving (if you're willing to share a ride or want to jump in with others, let us know) to Stonington is probably the easiest option if you live within range. Flying to Portland, Bangor, or Bar Harbor, Maine will require a car rental. There are flights from Boston's Logan Airport on Colgan Air, a U.S. Airways Express Carrier to Bar Harbor. If you let us know your travel plans, we'll circulate a potential ride-share list.

If your travel is delayed on September 21, please give us a call (800.332.4280)

Next Steps:

Complete the application and other forms (including a self-screening medical form) and mail or fax them to us as soon as possible (NOLS Alumni Department, 284 Lincoln Street, Lander, Wyoming, 82520. Fax: 307.332.8811). Include your non-refundable deposit (\$200- via mail or credit card on the phone). The full tuition is due by August 15.

Questions:

Call us in Lander (800.332.4280), or email (alumi@nols.edu) with any gear, trip or travel questions.

Equipment List

NOLS provides:

Maps, First Aid Kits, Emergency Communications, Water Treatment, All kayak gear, Tents, Charts, Cooking Gear, Food, Field Guides, and Repair Kits. We will bring along a few wet suits for in-water skills.

Bring these items with you:

- 1 or 2 sets of light or medium synthetic long underwear
- paddle jacket- waterproof and preferably breathable
- 3-4 pair socks – synthetic or wool
- water bottle (wide mouth quart or liter size plastic)
- flashlight/headlamp and batteries
- sunglasses w/ retainer
- warm jacket – thick pile, fleece or wool
- long sleeve shirt for sun protection
- underwear (1-2 pairs)
- t-shirts (2)
- sneakers or similar non-hiking shoes
- toiletries
 - rain jacket & rain/wind pants
- hiking shorts
 - wool or fleece gloves
- sunscreen/lip balm
 - sun hat/ball cap
- insulated mug, bowl and spoon
- warm hat - wool or fleece
- swim suit
- nylon shorts
- water shoes – old sneakers or commercial boat shoes
- camp shoes – for day hikes
- camp pants – light weight cotton or synthetic
- sleeping bag with compression stuff sack
- sunglasses w/retainer
- 2 smaller zip bags or dry bags for clothing
- 1 small waterproof lap bag used while paddling

Nice touches:

- camera with waterproof bag
- extra pair of prescription glasses or contact lenses
- personal reading book
- hiking poles (collapsible) - takes hiking stress off the knees
- camp chair
- umbrella
- binoculars