



Multi-Day Sea Kayak Trip Packet

This packet includes information that will help you prepare for your multi-day trip with Portland Paddle. Please review this packet before your trip and make sure everyone in your party sees it as well. Feel free to call or email us if you have questions. If your group has any special needs or preferences that we should know about please share this information in your pre-trip questionnaire or reach out to us directly. We are happy to work with you to ensure that the trip fits with your group's needs and goals.

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To-Do List for Trip Preparation

- Complete our [pre-trip questionnaire](#) at least **two weeks** before your trip. make sure to include information on dietary restrictions, medical/health conditions and gear rental needs/preferences.
- Sign our digital waiver. You should see a button in your booking confirmation email that says "Sign our waiver."
- Make sure each person in your party has completed the questionnaire and waiver.
- Review the packing list below and make sure you have everything you need.

Trip itinerary: Casco Bay Overnight

Here is a rough outline of the itinerary for our Casco Bay Overnight trip. The itinerary is likely to change based on weather conditions and the group's interests and experience. The trip's goal is to reach one of the many island campsites in Casco Bay, but there is no set route to get there. Instead, your guide will choose a route based on the weather conditions and the group. We strive to customize every trip to make it as rewarding and fun as possible for each participant. One of our favorite things about paddling on the coast of Maine is that the thousands of islands and peninsulas create endless route possibilities. Every trip is different! Below is an example of one possible itinerary.

DAY ONE

Morning: Your group will gather at our main site at the East End Beach in Portland to be greeted by your guide. After taking care of release forms and remaining payments, everyone will unload their vehicles so they can be moved to an area where overnight parking is permitted. The group will regroup for introductions and a brief discussion of any group goals and interests. Your guide will then tell you about your route and the weather conditions before offering a review of some basic kayaking skills and a safety briefing.

Then it's time to get geared up, finish packing the boats and hit the water.

Most trips begin with paddling along the periphery of Portland harbor towards the inner islands of Casco Bay. You'll soon be in more remote waters, but this initial stage of your route is a great chance to get a fascinating close look at the working waterfront of a Maine port. Check out the lobster boats hauling traps and the sight of the Portland skyline as you begin to feel the ocean swell rolling between the islands.

Lunchtime: After a couple hours of paddling it's time for your first stop on an island. This is an excellent time to pull out your lunch, and for you to stretch your legs, observe birdlife, go for a walk, and make any necessary adjustments to your kayak or gear.

Afternoon: You'll paddle onto more wild waters during the second half of the day, increasing the chances of seeing wildlife like seals and porpoise. Along the way your guide will tell you about the natural history and human history of the region. Look out for lighthouses, gorgeous 19th-century forts and other historic landmarks.

By early evening you'll have arrived on Little Chebeague. After unpacking the boats and setting up camp you can kick back and relax. Go for a swim, wander the coastline and trails, enjoy the spectacular views from the bench swing or one of the spectacular climbing trees, play games or just relax. Make sure you find the Maine Island Trail logbook so you can read the accounts of recent visitors and add your own entry.

Evening: A delicious and nourishing dinner is served. Dessert too! Watch the sun dip below the horizon as you finish up eating. There's nothing like watching the sun set on a Maine island! Grab a seat around the fire or consider going for a nighttime paddle with your guide to look for bioluminescence and watch the moonrise.

DAY TWO

Morning: Coffee, cocoa and tea will be ready by 7:30 am for early risers, followed by breakfast starting around 8:00 am. After eating the group will take a look at the nautical chart and discuss the route for the day and the weather conditions. Consider taking a few minutes to stretch before packing up your boat for the day.

By late morning the group will have finished packing boats and will be back on the water.

Lunchtime: Stop on another island for lunch and a break. Check out the tide pools and take in the ruggedness of the open seas.

This second day of the trip offers a great chance to work on your kayaking skills. During your lunch break your guide may take the opportunity to offer some tips and feedback to help you improve your paddling. You are more likely to be following a more exposed and

potentially more challenging route on this day, so intermediate to advanced skills will be more useful. That said, your guide will work with the group to choose a route that is appropriate for everyone's skill level and comfort zone, possibly staying in more protected waters if seas are rough.

Late afternoon: You'll arrive back at the East End Beach in the late afternoon, usually between 3:00 PM and 4:00 PM. It's time to say goodbye to everyone, take a group photo and head back to regular life. Look out for an email from your guide with photos of your trip – and please send us your photos too!

PACKING LIST

Portland Paddle will provide...

- Sea Kayaks
- Paddles
- Personal flotation devices (PFDs, otherwise known as lifejackets)
- Spray Skirts
- One medium-sized (15L) and one small-sized (5L) dry bag per person
- Drinking water (there's no freshwater on the islands)
- First Aid kit
- Toilet paper and "wag bags" (on some islands we must carry off human waste)
- Tarp
- Small lamp
- All meals and snacks, starting with dinner of the first night
- Utensils, bowls, plates, cups.
- Stove, pots, pans, etc.
- Soap and sponge
- Lighter or matches

Available for Rent...

- Wetsuit (for warmth while paddling and in case of immersion) (\$15)
- Neoprene socks or booties (\$5)
- Drysuit (good for early and late season paddling) (\$25)
- Additional Dry Bags (\$5)

Participants should pack...

When packing keep in mind that the coast of Maine is a rugged environment that is subject to extreme weather conditions that change quickly. You should be prepared for hot and humid weather as well as cold and rainy weather. You might experience both extremes in the same day. In general it's best to avoid cotton clothing, which won't keep you warm when wet.

CAMPING GEAR:

Most participants bring their own tents, sleeping bags and sleeping pads. However, we have a limited supply of these items to rent . If you aren't able to provide your own let us know in advance. The rental costs listed below cover the use of the item for the length of the trip.

- Sleeping bags (available to rent for \$20)
- Sleeping pad (available to rent for \$15)
- Tents (no additional charge, but please let us know whether you are borrowing ours or bringing your own)

SUGGESTED PERSONAL ITEMS:

- Lunch for the first day
- Sun protection -- sunscreen, sunglasses (w/ tether), hat with visor
- Water bottle
- Fleece or wool top
- Headlamp, or other type of small flashlight
- Non-cotton long underwear tops/bottoms or similar items to keep warm.
- Swimsuit
- Rainjacket
- Rain pants (or quick-drying pants of some sort)
- Extra pants and shirt to wear while on land
- Warm hat
- Warm socks (a couple pairs)
- Watershoes, sandals or an extra pair of shoes that can get wet (we have neoprene booties available for rent)
- Personal hygiene/health items (toothbrush, toothpaste, contact solution, medications).

OPTIONAL ITEMS:

- Gloves (to keep warm and/or avoid blisters from paddling)
- Waterproof binoculars
- Camera (with batteries & memory cards)
- Book to read (or nature guidebook)
- Small towels
- Insect repellent
- Mosquito netting
- Frisbee, ball, cards, portable board games, etc.

- Any necessary medications or other health-related items

***Let us know if you are missing any gear that's needed for the trip. We may be able to provide what you need. ***

A FEW TIPS ON PACKING A SEA KAYAK

We will provide one dry bag per participant plus a few larger dry bags for group gear. We suggest that you pack anything that should not get wet in a dry bag and leave out anything that can get wet. We will offer advice on packing the boats when you arrive, but here are a few thoughts to get you started:

- Weight is less important than volume when packing a kayak. Try to keep things as compact and small as possible so they easily fit into a kayak.
- Keep in mind that it may be best to pack some large items outside of your dry bags. For example, it's okay if a container of sunscreen gets wet as long as it's tightly sealed, so it does not need to take up valuable space in a dry bag.
- Kayaking is inevitably a wet sport and you can assume that you and everything in your boat will get damp or wet from dripping and splashing. Items that should stay dry must be in a dry bag or in a rugged plastic garbage bag or zip-loc bag.
- If your sleeping bag stuff sack is not waterproof, place a plastic garbage bag inside a stuff sack and then stuff the sleeping bag inside both. Make sure it is compact and sealed well. This can also work for any other gear you want to keep dry.
- The clothes you wear while paddling will likely get damp, so bring something else comfortable to wear on the island.
- Separate your items into things you need easy access to while paddling (water, camera, snacks, etc.), and those you only need while camping on the island. You can keep the first group of items between your legs or behind your seat while paddling.