

Introduction to Sea Kayaking

AMC Knubble Bay Camp, September 8 - 10, 2023

Arrive Friday night between 5:00 PM
- 9:00 PM and depart Sunday by 2:00
PM

COST: \$185 (AMC members)
\$210 (non-members)

LODGING: Friday night and
Saturday night

MEALS: Saturday breakfast &
dinner, Sunday breakfast



Do you enjoy kayaking on lakes, rivers and marshes? When you drive along the seashore or walk along the beach, do you think about how much fun it would be to kayak on the ocean but don't know how or where to begin? The Introduction to Sea Kayaking weekend is designed to help you take that first step to transition from flat water kayaking to sea kayaking in a safe, friendly, and fun environment. You will be introduced to topics such as safety, currents, waves, chart reading and sea kayaking equipment. Led by experienced sea kayakers, you will enjoy the beauty and thrill of paddling along the Maine coast in the company of eagles, osprey, and seals.

If you don't have a sea kayak or the necessary sea kayaking gear, no problem. See the information on renting in the "Sea Kayak" section. If you are unsure whether you have the skills for this program, see the information on "necessary skills."

This weekend program is offered by the Beal Island/Knubble Bay Camp Volunteer Committee. KBC and BI are volunteer managed AMC facilities. Besides maintaining the camp and the island, we offer weekends like this so that you can experience the joy and beauty of kayaking on the coast of Maine. We are a group of experienced sea kayakers and our goal is to provide you with a safe and fun experience.

The program has six experiential components:

- One - two hours of on-line learning prior to the weekend at KBC
- Ninety minutes of dry-land learning at KBC prior to your first ocean paddle
- A four-hour paddle on Day 1 and a three-hour paddle on Day 2
- Optional rescue practice
- Optional forward stroke coaching
- Over the weekend, ample opportunities to ask questions/get help

¹Weekend Schedule:



AMC Knubble Bay Camp (KBC) is an oceanfront property with a post & beam cabin and is located in Georgetown, ME. If you haven't already taken a [visual tour of the KBC](#), please do so now.

Arrive between 5:00 - 9:00 Friday evening and sleep in either in the upstairs bunk room or bring a tent and sleep outside under the stars. There are tent platforms and ample level ground for tents.

A hearty home cooked breakfast will be served at 7:00 AM Saturday. The "dry land" portion of the program will begin at 8:00 and you will be in your boat and on the water by 10:00. We will paddle roughly 8 miles with a rest break and later a lunch break. Pack your own lunch.

Return to the cabin by 4:00 with time for optional rescue practice. Prior to one of KBC's legendary dinners at 6:30 PM, there will be time for an optional gear talk and an opportunity to socialize during happy hour on the deck overlooking the water.

Another hearty home cooked breakfast Sunday at 7:00 AM and launch kayaks by 8:30 AM. We will paddle roughly 6 miles, including a stop or two to rest and take in the views, and return to the cabin by 12:30 for lunch (bring your own lunch). Pack up your things and please help us with cleaning the cabin so everyone can leave by 2:00 PM.



²Necessary Skills:

Our weekend programs are designed to be fun but safety is our primary concern. This program is NOT intended to be an introduction to kayaking. Participants should have more than just cursory flatwater paddling experience. They should be able to get in and out of a kayak without assistance, launch and land a kayak from shore, perform a wet exit, and feel comfortable/confident to do the following:

- Paddle for up to 1.5 hours without getting out of the kayak or taking a break
- Sustain a paddle speed of at least 2 MPH for the entire trip
- Paddle $\frac{1}{2}$ mile from shore
- Paddle a trip of up to 8 miles
- Paddle a trip of up to 4 hours duration
- Paddle into a wind of up to 10 MPH
- ³Paddle in waves up to 18"
- Paddle against a current up to 1 MPH
- Wear a PFD at all times on the water
- Wear a spray skirt at all times on the water

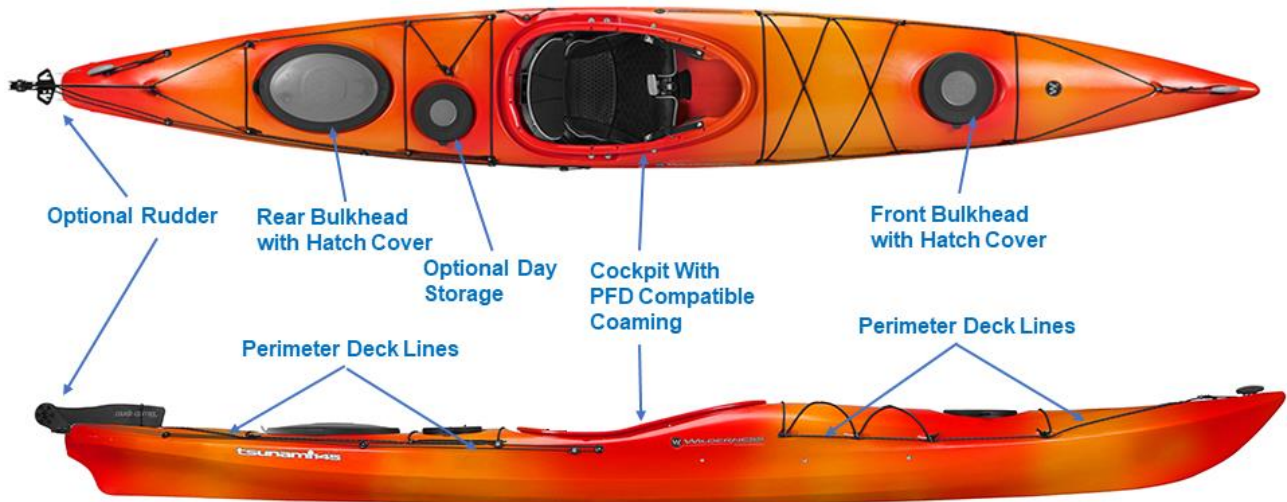
¹Subject to change as needed

²If you have questions about whether this is an appropriate program for you, email the trip leader at information@amckbc.org

³You may not have encountered 18" waves. Be aware you likely will on the ocean

GEAR: Sea Kayak

A bona fide **sea kayak** suitable for paddling in the ocean is required. Your kayak should be a minimum of 14' in length, have front and rear watertight bulkheads with hatch covers, a snug fitting cockpit that is compatible with a watertight spray skirt, and perimeter deck lines that are essential to perform a rescue. The kayak shown below is a ⁴Wilderness Tsunami which comes in lengths from 14' - 17'. It is an excellent beginner - intermediate sea kayak and is rented by many outfitters.



If you need a sea kayak for the weekend, a local outfitter can rent you everything you need (boat, sprayskirt, paddle, PFD, wet suit, etc.), and will deliver to the camp and pick up afterwards. Call Seaspray Kayaking at 207-404-1100, or www.seaspraykayaking.com Make sure you say you are on an AMC program trip at Knubble Bay Camp.

GEAR: What you will need when paddling:

- Cockpit sprayskirt
- PFD (personal flotation device)
- Water bottle
- Snacks
- Lunch you have packed
- A dry bag of extra layers (fleece/poly) to stow in your kayak
- Sunglasses
- Bug repellent
- Sunscreen
- ⁵Dry bag for other personal items
- Whistle on a string attached to PFD
- ^{5,6}Wetsuit
- Water shoes

If you have questions about kayaks or gear, please email the trip leader at: information@amc.kbc.org

⁴There are many fine sea kayaks besides the Tsunami but many others are NOT appropriate for sea kayaking, e.g. Wilderness Systems Pungo

⁵Optional - If you don't have a dry bag, large zip lock bags are fine.

⁶The water temperature in early September is in the low to mid-60's. You will want to wear something appropriate for immersion in the water should you capsize.

GEAR: Other Items to Bring

Knubble Bay Camp is an "off the grid experience." No electricity except solar power and batteries to power the lights on the cabin's main floor and no wi-fi. A composting toilet in the cabin and two outhouses outside⁷. No running water but two-hand pumped wells outside the cabin. On the amckbc.org webpage, you will find more information about the cabin.

Flashlight and/or headlamp	Pillow	Sleeping bag or sheets/blankets
Food to make two lunches	Rain coat	Towel
Water bottle	⁸ Cooler & ice	Beverages
Food to make and pack two lunches	⁹ (optional) Solar shower water bag	
Snacks for "happy hour"	Other personal items you may need in this environment	

Additional Information:

- If after reading this you have any questions about whether the program is appropriate for you, or questions about your kayak, gear, etc., please email the program leader Frank at: information@amckbc.org
- If you have registration or logistics questions, please email the registrar Gail at: registrar@amckbc.org
- To reserve your spot for this exciting weekend, please complete the registration form.
- The KBC Volunteer Committee would greatly appreciate it if you would please volunteer to assist with meal preparation/clean-up for at least one of the three meals we will be providing and also for cabin clean-up at the end of the weekend.
- Since we will be introducing you to some navigation basics, if you have a baseplate compass that you use for hiking, bring it along. If you don't have one, there is no need to purchase one.
- We will be loaning you an 8½" x 11" color laminated photocopy of a portion of the nautical chart that includes the area where we will be paddling. You don't need to purchase a chart, but should you want a chart of the area, one option is a free printable chart from NOAA: <https://www.charts.noaa.gov/OnLineViewer/13296.shtml> Another option is to purchase a chart <http://www.richardsoncharts.com/product/boothbay-region-waterproof-chart/>
- After you register for the course, more information will be emailed to you, including the instructions on accessing the on-line learning materials to be completed prior to the program weekend.
- Please contact registrar Gail Fensom (gailrond@comcast.net) BEFORE completing and sending the registration form and payment, or if you have any questions.

⁷We are trying to extend the life of the outside outhouses; please use them for "pee" only.

⁸Please bring a cooler for your snacks and beverages; there is not enough room in the fridge.

⁹There is an enclosed outdoor shower stall where you can take a "solar shower."