

# Lobster and Kayaking Weekend

AMC Knubble Bay Camp, August 14 – 16 (Arrive Friday Evening)

Come celebrate AMC's 150th by joining us for a weekend of sea kayaking, great food and lots of fun! Over the weekend, the volunteer-led relay that began in Virginia will arrive at Knubble Bay Camp with the official AMC 150 flag!



Arrive Friday evening and on Saturday, enjoy a full day of paddling, followed by a fantastic lobster bake, then end the weekend with a half-day paddle on Sunday. Cost includes meals & lodging.

**COST:** \$260 (AMC members)  
\$300 (non-members)

**LODGING:** Friday night and  
Saturday night

**MEALS:** Saturday breakfast &  
dinner, Sunday breakfast



**Meals:** Our food is legendary! On Saturday and Sunday Morning we provide a hearty home cooked breakfast. Saturday's dinner includes everything you'd hope for: lobsters, steamers, corn, potatoes, cole slaw, dessert. If possible, we will be cooking the lobsters & steamers on the beach, old fashioned style.

**Lodging:** We'll be staying in the cabin at AMC's Knubble Bay Camp. KBC is a spectacular 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 to see where you will be staying.

Staying at KBC is an "off the grid experience." No electricity except solar power and batteries to power the lights on the cabin's main floor and of course there is no wi-fi. Inside the cabin there are two bathrooms each with a composting toilet. There is no running water but two hand pumped wells outside the cabin provide potable water. There is a fully stocked kitchen with a gas stove and gas refrigerator. If you'd like to sleep in the cabin's upstairs bunk room let us know when you register so you can secure a spot inside (first-come-first-served). KBC is carry-in, carry-out, and bring home your own trash, especially cans & bottles.

## Schedule:

**Friday** - Please arrive Friday between 4:00 PM - 9:00 PM. Friday dinner you are on your own. There are many places to eat in Bath and Georgetown. [Here are a few](#). Or you can bring food to prepare your dinner in the kitchen.

**Saturday** - We'll cook you a great breakfast, and head out for a paddle in the Sheepscot River/Reid State Park area. Depending on participant makeup, we'll split into different level/interest groups—all lead by experienced kayakers. We'll stop on a beach or island for a bring-your-own lunch, and then paddle until 3:00 or 4:00, return to Knubble Bay Camp, clean up/change clothes (bring a sun shower!) and then enjoy a happy hour while supper is prepared (bring a snack to share).

**Sunday** - After another wonderful breakfast, we'll paddle until noon or 1:00 and return to the cabin for lunch (bring your own lunch). Pack up, and leave between 2:00 - 3:00.

## **Important:**

**The program is open to Level 1, 2, and 3 sea kayakers.** Our weekend programs are designed to be fun but safety is our primary concern. You must have prior experience kayaking on the ocean to participate in this program. Also, please honestly assess your skills using AMC KBC's definitions of Level 1, 2, and 3 sea kayaking to determine if you are at least a level 1 paddler.

**Level 1** = Advanced Beginner    **Level 2** = Intermediate    **Level 3** = Advanced

<b>Experience with and capable of:</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>
Trip Distance (miles)	5-7	8-13	14-22
Time on Water (hours)	3-4	4-5	5-7
Time Between Breaks (hours)	up to 1.5	up to 2	up to 2.5
Avg. Paddling Speed (knots/hour)	1.5 - 2.5	2-3	3-4
Wind Speed (knots)	Less than 10	Up to 15	Up to 20
Waves (feet)	Less than 1.5'	Up to 3'	Up to 5'
Typical Current (knots)	Less than 1	Up to 2	Up to 3
Distance from shore (miles)	Less than 0.5	Up to 1	Up to 2
Required Minimum Rescue Skills [desired but not required]	wet exit [assisted re- entry]	all Level 1 plus self-rescue [rescue others]	all Level 2 plus in rough seas [towing]

## Gear - Sea Kayak:

A bona fide **sea kayak** suitable for paddling in the ocean and a minimum of 14' in length is required. 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](http://www.seaspraykayaking.com) Make sure you say you are on the AMC trip at Knubble Bay Camp. If you have questions about whether your kayak is suitable for this program, email the program leader at: [information@amckbc.org](mailto:information@amckbc.org)

## Gear - Needed When paddling:

Cockpit sprayskirt	PFD (personal flotation device)
<sup>1</sup> Wetsuit or drysuit (optional)	Whistle on a string attached to your PFD
A dry bag of extra layers (fleece/poly) to stow in your kayak	Dry bag for other personal items (optional)
Bug repellent	Sunscreen
Sunglasses	Water bottle
Snacks	

## Items to Bring (at a minimum):

Flashlight and/or headlamp	Pillow	Sleeping bag
Two lunches	Snacks & beverages	Towel
Water bottle	<sup>2</sup> Cooler & ice	<sup>3</sup> (optional) Solar shower water bag
Tent (if sleeping outside)	Rain gear	Bedding for sleeping inside
A snack to share during happy hour		

## Additional Information:

- If after reading this you have any questions, please email the Registrar: [registrar@amckbc.org](mailto: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.
- The program will be held "rain or shine".
- On the water, participants are required to wear a PFD at all times and to have their sprayskirt secured to their cockpit.

Please contact the registrar at [registrar@amckbc.org](mailto:registrar@amckbc.org) BEFORE completing and sending the registration form and payment, or if you have any questions.

<sup>1</sup>The local ocean temperature in August is typically in the high 50s to low 60's. (In August a "shorty" wet suit is usually fine.) Always dress for the water temp, not the air temp (in case you end up in the water). You can rent a wet suit if needed.

<sup>2</sup>Please bring a cooler for your snacks and beverages; there is not enough room in the fridge.

<sup>3</sup>There is an enclosed outdoor shower stall where you can take a "solar shower."