

Women on Water (WOW!) Weekend¹

AMC Knubble Bay Camp, July 24 - 26, 2026 (Arrive Friday Evening)

COST:

\$250 (AMC members)

\$285 (non-members)

LODGING:

Friday night &

Saturday night

MEALS:

Saturday breakfast &
dinner, Sunday breakfast

Be a part of a new tradition! Enjoy a weekend of great paddling, yoga and food in the company of wonderful women! Riding the waves as we kayak along the scenic Maine coast, we may see eagles, loons, porpoises, seals and osprey. On our yoga mats, we'll flow through poses designed to relax and rejuvenate. Don't let this opportunity float by! Register now for this remarkable experience! WOW is being led by women members of the KBC Volunteer Committee.



Meals: Prepare yourself for hearty, delicious food! On Saturday and Sunday mornings we provide top notch hot breakfasts. Saturday dinner will be in line with what you expect from an AMC meal.

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 - After a hearty breakfast, we will enjoy some relaxing morning yoga, and then head out for a paddle launching from the beach at KBC. Depending on participant skills/experience, will have the option to paddle the waters north and south of KBC, on the Sheepscot visiting one or more islands, or paddle a bit

¹ Women are the targeted audience but WOW weekend is open to all.

further to Reid State Park. Paddles are led by committee members that are experienced sea kayakers. We will have lunch (bring your own) on a beach or island and perhaps enjoy a few yoga poses before we get back on the water. We usually return to Knubble Bay Camp around 3pm. Participants can clean up (bring a sun shower for that), change clothes and enjoy a happy hour (bring beverage and a snack to share) while a delicious supper is prepared.

Sunday - Sunday, after another wonderful breakfast, we will practice yoga/paddle until noon or one and return to the cabin for lunch (bring your own), pack up and leave between 2-3pm.

In case of Inclement Weather - There are a number of options, indoor activities, short hikes, a beach walk, a visit to the Maine Maritime Museum, Georgetown Pottery, etc. See [things to do in the area](#).

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 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

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

| Experience with and capable of: | Level 1 | Level 2 | Level 3 |
|----------------------------------|---------------------|--------------------------------|---------------------------|
| 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 | wet exit | all Level 1 plus | all Level 2 plus |
| [desired but not required] | [assisted re-entry] | self-rescue [rescue others] | in rough seas [towing] |

Gear - Needed When paddling:

Cockpit sprayskirt

¹Wetsuit or drysuit (optional)

A dry bag of extra layers (fleece/poly)
to stow in your kayak

Bug repellent

Sunglasses

Snacks

PFD (personal flotation device)

Whistle on a string attached to your PFD

Dry bag for other personal items (optional)

Sunscreen

Water bottle

Items to Bring (at a minimum):

Flashlight and/or headlamp

Two lunches

Water bottle

Tent (if sleeping outside)

A snack to share during
happy hour

Pillow

Snacks & beverages

²Cooler & ice

Rain gear

Yoga Mat

Sleeping bag

Towel

³(optional) Solar shower water bag

Bedding for sleeping inside

(optional) Yoga strap, Yoga blocks

¹The local ocean temperature in July is typically 58° - 64°. Always dress for the water temp, not the air temp. (A "shorty" wet suit is usually fine.) You can rent a wet suit if needed. Please watch this short video on what to wear while paddling: <https://paddling.com/learn/what-to-wear>

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

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

Additional Information:

- If after reading this you have any questions, please email the Registrar: 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 BEFORE completing and sending the registration form and payment, or if you have any questions.