



From the  
**BECKET PROGRAM OFFICE**  
**2023 Adventure Odyssey Cabin**

Dear Campers and Parents,

We are excited for the upcoming summer! Please read over all of the Adventure Odyssey materials that have been included.

You should have received the spring parent email with guide, it is designed to give you the information you will need to prepare your child for the summer. In some instances the Adventure Odyssey Cabin is different from the regular camp program. This letter is to inform you of some of those differences.

The Adventure Odyssey Cabin will be splitting its time between the regular camp programming and out of camp trips. The Summer Camp Guide should still be followed with some **additional** and **necessary** items found in the specific **Adventure Odyssey Packing List, enclosed**.

The Adventure Odyssey cabin takes ideas and philosophies from over 50 years of tripping programs at Camp Becket and allows campers to experience the best adventures in New England.

The included schedule will allow a mix of regular camp activities, such as Tuesday/Thursday/Saturday Afternoon Activities, All Camp Events, Village Programming, and cabin activities that are the core of what we do at camp. In addition there will be up to five out-of-camp trips ranging in lengths from day trips to six day excursions. These trips will cover climbing, hiking, kayaking and whitewater rafting, as well as skill clinics in-camp before trips depart.

All trips will be lead by the two Counselors of the Adventure Odyssey Cabin and one Trip Guide from our camp Tripping Department. Some trips will also be staffed and facilitated with professionals in the field, such as the climbing trip in the Shawangunks of New York and the Whitewater Rafting and Kayaking Trips in Maine.

Trips will also teach minimum impact camping skills based off of the "Leave No Trace" principles, as well as allow campers to take the lead on meal planning, map reading, and leadership development while on the trail.

Enclosed you will find specific forms that relate to the Adventure Odyssey Cabin. These include:

**Adventure Odyssey Packing List**

**Adventure Odyssey Schedule**

**High Xposure Adventures Inc. Release Form** - Returned to camp by **April 15**

**North Country Rivers Inc. Release Form** - Returned to camp by **April 15**

**Maine Kayak Inc. Release Form** - Returned to camp by **April 15**

All of these forms are important. Please take the time to read them over with your camper, so that they may understand what activities are part of this program.

We look forward to your camper participating in this special program and seeing you in just a few short months! Please call if you have any questions or concerns.

Sincerely,

Dan Berg  
Camp Becket Director



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2023 Adventure Odyssey Cabin

The following list is of **essential trail equipment** for all **out-of camp trips** in this summer's Adventure Odyssey Cabin. Please use the recommended packing list in **Summer Camp Guide** for all clothing, equipment, and gear for **in camp** use.

Many of the items can be purchased at specialty camping stores such as Recreational Equipment Incorporated ([www.rei.com](http://www.rei.com)), Eastern Mountain Sports ([www.ems.com](http://www.ems.com)), or Campmor ([www.campmor.com](http://www.campmor.com)).

### Very Important Items

- Daypack** – Like a school backpack, it should be comfortable for hiking and be able to carry a water bottle, rain jacket and lunch.
- Sleeping Bag** – Your sleeping bag should be three season, synthetic bag rated to 45 degrees or lower.
- Compression Bag** – Nylon compression bag that can compress your sleeping bag down to a packable size.
- Water Bottles (2)** – Nalgene style (32 oz) is preferred. These are essential!
- Waterproof Rain jacket or Shell with a Hood** - We will be out on the trail rain or shine!
- Travel Towel (1-2) and Washcloth** – bring a towel that will dry quickly.
- Watch** – It is really important to be on time.
- Headlamp** – Compact with extra batteries. This will be your nightlight.
- Large Plastic Trash Bags (2)** – For dirty laundry and to keep things dry.
- Ziplock Bags** – Both small and large for packing and to protect your things.
- Bandanas (1-2)** – Good for everything.
- Bug Repellent or mosquito net.**
- Spoon** – Anything will work, steel or lexan is preferable.
- Synthetic Shirts** - The less cotton the better, goes for hoodies and sweatshirts (they are big, bulky, and take up space) Make sure at least **one is a long sleeve shirt**. \*(fleece is great for warmth, soccer jerseys or athletic shirts are also great alternatives to cotton shirts)

### Footwear

- Hiking Boots (1 pr.)** – Essential! **Mid-Weight waterproof backpacking boots**. These must be broken in a bit before coming to camp.
- Shower Sandals (1 pr.)** – Best if they have straps so that they won't be lost when wading in water.

**A backpack & group equipment such as tents, stoves, fuel, and pots  
will be provided by camp.**

**IMPORTANT INFORMATION PLEASE READ**

**MAINE KAYAK, INC.**

**WAIVER AND RELEASE OF LIABILITY**

In consideration of Maine Kayak, Inc. furnishing services and/or equipment to enable me to participate in kayaking, paddle boarding, biking, whitewater kayaking or any activity associated with Maine Kayak, Inc. I agree as follows:

I fully understand, acknowledge, and agree: (a) that outdoor recreational activities have known, unknown, and inherent risks, dangers and hazards and such exists in my use of kayaking, paddleboarding or biking equipment and my participation in such activities; (b) my participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis, death or other ailments that cause serious disability; (c) these risks and dangers may be caused by the negligence of the owners, employees, officers or agents of Maine Kayak, Inc., the negligence of subcontractors, the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature or other causes; (d) risks and dangers may arise from foreseeable or unforeseeable causes including, but not limited to, terrain; boat and vehicle traffic; weather; tides, currents, and water levels; guide decision making, including that a guide may misjudge terrain, traffic, weather, trail, access, or route location and tides, currents, and water levels; risks of falling out of or drowning while in a kayak or paddleboard and such other risks; risk of tripping or falling on Maine Kayak property or in the wilderness; exposure to infectious diseases from employees, other participants or the use of shared equipment; hazards and dangers that are integral to recreational activities that take place in a wilderness, outdoor or recreational environment; and (e) by my participation in these activities and/or use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the owners, agents, officers, or employees of Maine Kayak, Inc., subcontractors to Maine Kayak, Inc., or by any other person.

I, on behalf of myself, my personal representatives and my heirs, hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify Maine Kayak, Inc., North Country Rivers, Inc., Lorimer Mcrae LLC, Maine Whitewater, Inc., Katahdin Forest Management LLC, Colonial Pemaquid State Historic Site (the "Releasees") and their owners, agents, officers and employees from any and all claims, actions or losses for bodily injury, illness or disease, property damage, wrongful death, loss of services or otherwise which may arise out of my use of paddling equipment or my participation in paddling activities.

**I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the owners, agents, officers, employees or subcontractors of Maine Kayak, Inc. and the other Releasees. I hereby allow Maine Kayak, Inc. and any other person to take my picture for possible promotional usage in brochures, websites, and any other use. I have read the above waiver and release and, by signing it, agree. It is my intention to exempt and relieve Maine Kayak, Inc. from liability for personal injury, illness or disease, property damage or wrongful death caused by negligence or any other cause. I CONFIRM COMPLIANCE WITH ALL CDC GUIDELINES/REQUIREMENTS AND THAT I AM NOT ILL NOR BEEN EXPOSED TO ILLNESS.**

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
DATE OF BIRTH

\_\_\_\_\_  
DATE OF TRIP

\_\_\_\_\_  
SIGNATURE OF PARENT OR GUARDIAN  
(If less than 18 years old)

ACTIVITY: SEA - LAKE - RENTAL - WHITEWATER  
(CIRCLE ONE)

**\*\*\*\*\*PLEASE PRINT\*\*\*\*\* PLEASE PRINT\*\*\*\*\***

NAME: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE/PROVINCE: \_\_\_\_\_ ZIP/POSTAL CODE: \_\_\_\_\_

PHONE (HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_

(CELL) \_\_\_\_\_ EMAIL \_\_\_\_\_

HAVE YOU EVER GONE KAYAKING WITH MAINE KAYAK BEFORE? YES NO (CIRCLE ONE)

HAVE YOU KAYAKED WITH ANOTHER OUTFITTER(S) - NAME? \_\_\_\_\_

# IMPORTANT INFORMATION PLEASE READ

## NORTH COUNTRY RIVERS INC. WAIVER AND RELEASE OF LIABILITY

In consideration of North Country Rivers, Inc. furnishing services and/or equipment to enable me to participate in whitewater rafting, kayaking, inflatable kayaking or any activity associated with North Country Rivers, Inc., I agree as follows:

I fully understand and acknowledge that outdoor recreational activities have: (a) inherent risks, dangers and hazards and such exists in my use of whitewater equipment and my participation in whitewater activities; (b) my participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis, death or other ailments that cause serious disability; (c) these risks and dangers may be caused by the negligence of the owners, employees, officers or agents of North Country Rivers, Inc., the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature or other causes. Risks and dangers may arise from foreseeable or unforeseeable causes including, but not limited to, guide decision making, including that a guide may misjudge terrain, weather, trail or river route location, and water level, risks of falling out of or drowning while in a raft, canoe or kayak and such other risks, hazards and dangers that are integral to recreational activities that take place in a wilderness, outdoor or recreational environment; and (d) by my participation in these activities and/or use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the owners, agents, officers, or employees of North Country Rivers, Inc., or by any other person.

I, on behalf of myself, my personal representatives and my heirs hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify North Country Rivers, Inc, Central Maine Power Company, Brookfield White Pine Hydro LLC, Katahdin Forestry Management LLC, Great Lakes Hydro America LLC, American Forest Management, Penobscot Forest LLC, Wagner Forestry Management LTD, Bayroot LLC, Kennebec Water Power Company, (the "Releasees") and their owners, agents, officers and employees from any and all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise out of my use of whitewater equipment or my participation in whitewater activities.

**I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the owners, agents, officers or employees of North Country Rivers Inc., and the other Releasees.**

\_\_\_\_\_  
SIGNATURE
DATE OF BIRTH
TRIP DATE

\_\_\_\_\_  
 SIGNATURE OF PARENT OR GUARDIAN  
 (If less than 18 years old)

RIVER: PENOBSCOT - KENNEBEC - DEAD  
 (CIRCLE ONE OF THE ABOVE)

**\*\*\*\*\*PLEASE PRINT\*\*\*\*\* PLEASE PRINT\*\*\*\*\***

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE/PROVINCE: \_\_\_\_\_ ZIP/POSTAL CODE: \_\_\_\_\_

PHONE (HOME/CELL) \_\_\_\_\_ (WORK) \_\_\_\_\_

EMAIL \_\_\_\_\_

HAVE YOU RAFTED BEFORE?    YES      NO      (CIRCLE)

DID YOU RAFT WITH NORTH COUNTRY RIVERS?    YES      NO (CIRCLE)

HAVE YOU RAFTED WITH ANOTHER OUTFITTER - NAME? \_\_\_\_\_



INTERNAL USE ONLY		
GUIDE:	_____	
MOH:	<input type="checkbox"/>	PK: <input type="checkbox"/> CATS: <input type="checkbox"/>
OTHER:	<input type="checkbox"/>	
ROCK	<input type="checkbox"/>	ICE <input type="checkbox"/> TRAINING <input type="checkbox"/>

## PARTICIPANT REGISTRATION FORM & HEALTH HISTORY

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

WE REQUIRE FULL DISCLOSURE OF YOUR CURRENT HEALTH. THE INFORMATION YOU PROVIDE MAY ASSIST PEOPLE IN THE UNLIKELY EVENT OF AN ACCIDENT. THEREFORE, BEFORE YOU FILL THIS FORM OUT, PLEASE READ IT CAREFULLY. FULL AND ACCURATE COMPLETION OF ALL SECTIONS IS VERY IMPORTANT.

Gender:  M  F    Age: \_\_\_\_\_ years    Birthdate: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Occupation (optional): \_\_\_\_\_

IN CASE OF EMERGENCY, PLEASE CONTACT:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

PLEASE LIST ALL INFORMATION REGARDING THE FOLLOWING:

Anaphylaxis/Allergies:  No  Yes - describe: \_\_\_\_\_

History of Heart Disease:  No  Yes - describe: \_\_\_\_\_

Seizures:  No  Yes - describe: \_\_\_\_\_

Diabetes:  No  Yes - describe: \_\_\_\_\_

Asthma:  No  Yes - describe: \_\_\_\_\_

Other:  No  Yes - describe: \_\_\_\_\_

Are you taking any medications for any medical issues listed above?:  No  Yes

If Yes, describe why used, any side affects, contraindications if known, etc:

\_\_\_\_\_

Signature of Participant: \_\_\_\_\_

*Print this form, sign above, & give the completed form to your guide on the day of the climb.*

**Personal Responsibility**

**The Participant and his/her parent(s) or legal guardian(s) certify that Participant has no physical or mental condition that precludes him/her from participating in the Activities and that he/she is not participating against medical advice.**

**The Participant and his/her parent(s) or legal guardian(s) understand that Participant's participation in the Activities is voluntary and further understand that they have the opportunity to inspect the Host's Equipment and facilities before any participation.**

**The Participant and his/her parent(s) or legal guardian(s) understand that Participant is obligated to follow the rules of the Activities and that he/she can minimize his/her risk of injury by doing so and through the exercise of *common sense* and by being aware of his/her surroundings.**

**If, while participating in the Activities, the Participant or his/her parent(s) or legal guardian(s) observe any unusual hazard or condition, which they believe jeopardizes Participant's personal safety or that of others, Participant and/or his/her parent(s) or legal guardian(s) will remove Participant from participation in the Activities and immediately bring said hazard or condition to the attention of the Host.**

To the extent that any portion of this Agreement is deemed to be invalid under the law of the applicable jurisdiction, the remaining portions of the Agreement shall remain binding and available for use by the Host and its counsel in any proceeding.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I MAY BE WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

Participant's Name (Printed): \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's Name (Printed): \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# SAMPLE: Adventure Odyssey Schedule

## 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Opening Day

- Skill Building Clinic
- Menus
- Tent Set-up
- LNT Principles

Climbing/Bouldering  
in camp

Trip Prep/Packing

Long Trail Hike  
Mt. Carmel



Long Trail Hike

Long Trail Hike

Drive Back to Camp

Deer Leap Mountain

Killington Peak



Depart Becket During  
Morning Free Time

Small Hike in Bradbury  
Mt. State Park

Overnight at  
Bradbury Mt. State  
Park, Pownal, ME

Overnight at  
Bradbury Mt. State  
Park



Drive to Bingham, ME

8:30-3:30  
Rafting

8:30 Meet  
for 2 Day- Sea Kayaking  
Trip

Continue  
Sea Kayaling, finish  
around 4:00

Drive Back to Camp

Overnight in  
Pemaquid, ME

Overnight on  
Island



Climbing in the Gunks  
near New Paltz, NY

Closing Day