Dear Trip Leader,

Thank you for your reservation with Adventure Bound. Please check your confirmation closely for correct details. Check the arrival and activity dates as well as the group size. The following is some general information regarding your reservation and a list of items that should help to make your stay more enjoyable. Group leaders should pass this information on to all participants and their parents or guardians.

Release of Liability Forms
Please make as many copies as you need for your group. These need to be filled out completely by the participants and signed by a parent or legal guardian, if under 18 years of age. Please note that they cannot be altered in any way.

Participants who do not have the release of liability form filled out completely and correctly will not be allowed to take part in any of the adventure activities.

Bring these forms with you and present them on arrival or fill out online in advance.

Please don't hesitate to give us a call should you have any questions or need further assistance.

Sincerely,
John Philbrick
Manager/Owner

Essential Items

Epi-Pens	**Asthma Inhalers**	**Prescribed Medications**

MEDICATIONS ARE ESSENTIAL AND MUST BE BROUGHT WITH YOU IN ORDER TO PARTICIPATE IN OUR ADVENTURES

IF YOU ARE COMING BY BUS AND THE BUS IS NOT STAYING, WE RECOMMEND YOU BRING A VEHICLE FOR EMERGENCIES

Important information to pass along to your group:

- Chaperones are fully responsible for the supervision of individuals in your group at all times.
- No alcohol is permitted on the premises of Adventure Bound
- No smoking in the buildings or on our grounds.
- No diving in the pool or hot tub as it is only 4 feet deep. No lifeguard on duty.
- Keep valuable personal items locked in your accommodations or vehicle.
- Climbing wall: Advanced reservations are required.
- Please let us know in advance of any medical, physical or psychological conditions that may pose a risk to the individual or others.
- Minimum age is 10 for rafting the upper Kennebec River, 8 for the lower Kennebec, 14 for the Dead River and 8 for all other activities
- Properly filled out and signed Release Forms are mandatory for all participants.
- Prescribed medications are mandatory for participation in our activities. Don't forget Epi-pens and asthma inhalers, as you will not be allowed on the trip for safety reasons. NO EXCEPTIONS
- Quiet time starts at 10 PM
- Lights out at 11 PM
- Pool and Hot tub are open until 10 PM
- The lodge closed between 11pm and 7:00 a.m. (bathrooms and showers open 24 hours a day)
- Gift shop is open from 7:30 AM to 7:00 PM. T-shirts and novelties may be purchased.
- Please note that you may not have CELL PHONE reception in our area. Wifi available in the main building.

Please review your reservation for the following:

- Meals: Verify meal times at check in. Please inform us of any special dietary needs in advance of arrival.
- Accommodations: Make sure you understand where you are staying and the type of accommodations that are reserved. Cabin Tents have wooden bunks with a mattress. Bring a sleeping bag, pillow, and pillowcase.
- Activities: Please verify the dates and numbers of participants are correct for your scheduled adventures.

Check-In Times are as follows:

- Rafting: 8:00 A.M.
- Rock Climbing, Ropes Course, Hiking, Canoeing, and Rock Climbing: 8:00 A.M.
- Climbing Wall: 7:30 P.M.
- Half Day Afternoon programs: 12:30 P.M.
- Accommodation check-in time begins at 3 P.M and ends at 9 P.M.
- Two-Day Overnight Adventure: 8:00 A.M.
- Check out of accommodations by 10 A.M. or before trip departure if it's your last day.

Our payment policy is as follows:

- A 20% non-refundable deposit within 7 days of making a reservation.
- The balance is due 14 days prior to your arrival at Adventure Bound.
- If cancellation occurs within 14 days of the trip date, all monies will be forfeited.
- We accept cash, checks, Visa, MasterCard, and money orders.
- Gratuity for Guides is welcomed. Please let us know in advance if you'd like gratuity added to your total invoice.

Directions to Adventure Bound

- (From the south) Take exit 133 off I-95. Take Route 201 north, through Skowhegan, Solon, and Bingham. Adventure Bound is 13 miles north of Bingham on Route 201 on the left, directly across from the access road to Pleasant Pond and the village of Caratunk.
- (From the north) Take exit 157 off I-95. Follow Route 2 west to Skowhegan, then Route 201 north through Solon and Bingham. Adventure Bound is 13 miles north of Bingham on Route 201 on the left, directly across from the access road to Pleasant Pond and the village of Caratunk.

Use 1094 US Route 201, Caratunk, ME 04925 as a physical address when using Internet map programs.

Emergency Phone Numbers:
To reach a guest in the event of an emergency, call 1-207-672-4300. Make sure to leave your contact information and the owners will call you back if necessary.

Participant Packing List

LODGING
Sleeping Bag/Pillow
Towel for Swimming Pool and hot tub
Headlamp or flashlight
Warm layers for cool evenings
Closed toe shoes for the adventure center and on-site hiking trails
Personal Hygiene

MEALS
Check with your trip leader regarding your group's meal plan
We have gluten free and nut free options. However, our facility is not gluten or nut free. The campground serves the general public and our grounds and buildings are not nut free.
For severe allergies we recommend packing your own meals in a personal cooler.

ACTIVITIES
Medications (Epi-pens, inhalers, diabetic medications, Prescribed medications)
Release Forms signed by Parent or Guardian
Bathing Suits and shorts for water-based activities
Synthetic layers, swim shirts, sunscreen
Closed toe shoes for hiking, rock climbing, overnight camping
Water shoes (with a heel strap) for all water-based activities (sneakers are great) NO Crocs
Rain gear
Optional items:
Sunscreen-Water Bottles-Baseball Hat-Sunglasses-Bug Spray-Eye glass retainer

*We will provide wetsuits for water based activities if the weather conditions warrant them

Please contact our office with any questions prior to your arrival.
207-672-4300 or rafting@adv-bound.com or text John at 207-612-9105