Sea Kayaking
Plum Island Sound, MA
July 9, 2017

TRIP DESCRIPTION
Plum Island is a barrier island located off the northeast coast of Massachusetts, north of Cape Ann. The island is named for the wild beach plum shrubs that grow on its dunes. Plum Island Sound is fed by the Ipswich, Rowley and Parker Rivers. The Plum Island Sound estuary is a coastal plain, bar-built estuary with extensive areas of productive tidal marshes: the largest expanse of intertidal marsh in the Northeast. This trip provides an excellent opportunity for wildlife viewing.

COST: $25 Students/Faculty/Staff, $45 Guests/Public.

INCLUDED IN TRIP COST
- Transportation—12 passenger van, unless otherwise noted.
- Equipment—with the exception of some clothing and personal items listed on the packing list.
- Leadership and Instruction.

REGISTRATION
- Online http://www.uml.edu/CampusRecreation/Outdoor-Adventure/Trip-calendar.aspx
- You can also register at the Welcome Desk of the Campus Recreation Center on East Campus.

CANCELLATION DATE: Cancellation must occur by March 19th to receive a full refund.

PHYSICAL EXERTION LEVEL & PREREQUISITES
- Low to Moderate Exertion Level
- Must be able to swim in a life jacket/pfd; no previous kayak experience required.

PRE-TRIP MEETING
- By phone with the trip leader two days prior to the trip

TENTATIVE ITINERARY: Due to the nature of outdoor trips, all itineraries are subject to change.

8:00am  Meet at the Bellegarde Boathouse 500 Pawtucket Blvd, confirm paperwork and payment
8:15am  Introductions, itinerary, gear distribution, shuttle to put in
9:30am  Basic kayak/canoe instruction and safety brief, launch, paddle!
6:00pm  Arrive at boathouse, debrief, collect equipment and store boats, dismiss

Please review the packing list on the back!
PACKING LIST: The items on this list are HIGHLY recommended for your trip. Current temperatures and personal preference should be considered when packing. Please contact us if you have any questions or have trouble acquiring any of the items on the list, we may be able to help you out. A (*) denotes items that can be provided for you at no additional charge.

☐ Lunch and Snacks - *bring plenty of snacks to stay fueled!*
☐ Baseball cap or full-brim hat (for sun protection).
☐ Sunglasses
☐ Beanie Hat (quick fix for chilly conditions, wool or fleece is best).
☐ Insulating jacket (fleece is ideal, should be compact and synthetic).
☐ Insulating Bottom layer
☐ Long Sleeve Shirt (Synthetic materials are best, NO COTTON)
☐ Water Shoes
☐ *Rain jacket (depending on weather)*
☐ *2 water bottles (quart size).*
☐ *Headlamp (you must provide 2AAA batteries if borrowing one of ours).*
☐ *Dry bag for keeping clothing/other items dry while in the kayak.*
☐ Bag for personal belongings.

Note: We will distribute other equipment specific to the activity at the pre-trip meeting or on trip departure day. If you have any personal equipment (backpack, sleeping bag, etc.) that you would like to bring on this trip, please bring it to the pre-trip meeting so trip leaders can make sure it is appropriate for the needs of this trip.

For further questions or information, please contact us:
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