



Thank you for joining us at Akuni Adventures for your canoe course. We look forward to meeting you and hope your course is fun and educational. If you have any questions at all please do not hesitate to contact us.

Important:

Please bring the items listed below for your course. At the end of this package is a waiver. Please read the waiver carefully and bring with you to the course. For all courses you must sign the waiver at the start of the course and hand to the instructor. If you are under 18 the waiver must be signed by a parent or guardian. For your safety please let the course director know of any medical issues or disabilities you may have prior to the start of the course.

What to Bring for Your Canoe Course

Basic Canoe Level, Style Paddling, Canoe Camp Instructor or Basic Instructor Courses:

- We supply safety equipment and boat, however if you have a favourite lifejacket, paddle or boat we encourage you to bring them. It is highly recommended you bring your own wooden paddle if you are taking the ORCA “Lakewater” course. We supply metal paddles which are not as functional as a wooden paddle.
- Lunch, snacks and water.
- Bathing suit, towel and warm clothing. There is a swim portion (with lifejacket) in the course. In early spring or late fall we “may” not swim but be prepared anyway.
- Two pairs of shoes. One old pair to wear in the canoe and in the water. A second pair for dry land.
- Rain gear (course runs rain or shine)
- Sunscreen and hat
- Complete change of clothes to leave in car. You will get wet in the canoe...sometimes unintentionally!
- Pen and note book
- If you are taking Basic Level 4 (solo) or Style Paddling Level 2 (solo) please bring a foam pad to kneel on. The blue closed cell foam pads for camping work great. Also we recommend you bring a small ball (smaller than a soccer ball) to sit on. This will take the weight off your ankles when kneeling. It is a long day kneeling in the canoe.
- The solo canoe courses can be hard on your knees and ankles if you are not use to kneeling all day. We recommend training your body for this. We suggest a couple weeks before the course practice kneeling at home during commercial breaks while watching TV. Do this enough until you can work your way to watching a whole TV program while kneeling.

River Running or Moving Water Courses

- Lunch, snacks and water
- Bathing suit, towel and warm clothing. You will be swimming (with lifejacket)...for sure! If this is an early spring course you must wear a wet suit or dry suit. Wet suits can be rented for about \$20 per day from any dive shop.
- Two pairs of shoes. One old pair to wear in the canoe and in the water. A second pair for dry land. Sandals are not allowed in the canoe...again: **sandals are NOT permitted in the canoe!**
- Rain gear (course runs rain or shine)
- We highly recommend you wear a warm wind proof top under your lifejacket. You will be constantly wet and it can make you cold even on a hot day. It also offers sun protection. Ideally you would bring a proper paddling jacket but most of us can't afford that luxury. We recommend you wear a polypro or polyester undershirt with a nylon wind proof jacket on top. Do not wear cotton because the properties of cotton will actually make you colder.
- Sunscreen and hat
- Complete change of clothes to leave in car.
- Pen and note book
- If you have a favourite lifejacket, paddle or boat we encourage you to bring them.
- If you are bringing your own canoe for the moving water course it must be properly outfitted. Outfitting must include: float bags in bow and stern, and grab loop at bow and stern. The boat should be made of ABS/Royalex or composite fibre material. Fibreglass and Kevlar materials are not permitted.

Tripping Courses

Tripping courses are run in remote locations in Parks and other wilderness areas. Akuni Adventures supplies the boat, lifejacket, paddle, canoe safety equipment, cooking gear, dishes (except a cup or mug), cutlery, food and group gear such as tarps. You are responsible to bring:

Personal Gear

- Ground Sheet (optional)
- Tent (may share if you do not have one)
- Toothbrush and Tooth Paste
- Toilet Paper (we supply but you never know!)
- Biodegradable Soap & Towel
- Sleeping Bag
- Under padding
- Backpack (water proof with garbage bags), Canoe Pack, dry bag(s) or Barrel
- Flashlight and spare batteries
- a Mug/Cup (we supply cutlery and dishes only)
- Water Bottles (recommend two 1 litre bottles)
- Contact lens wearers must bring a set of glasses. We highly recommend eyeglass wearers bring a second set of glasses.
- Sun Glasses
- Personal Medicine. NOTE: if you require daily medications, particularly life saving medications,

- bring extra medication to leave with guide/instructor.
- Health card must be brought with you.
- Females please bring feminine napkins with you. It is not uncommon for your cycle to change out in the wilderness or due to activity.
- Camera and Film (optional)
- Money (emergencies)
- Plastic Bags for waterproofing
- Matches or Lighter
- Insect Repellent or bug shirt (don't neglect this!)
- Lip Moisturizer/Protector
- Sun Block
- Compass (a must). Prefer an orienteering compass with flat base plate.
- Note book and pen
- Bring a camp chair or cushion to sit on...lots of theory!

-Bring any other equipment not listed above that you normally camp with or want to share with the group

Clothing

Recommended clothing list (adjust to your needs as necessary):

-2 Pairs of shoes (one wet, one dry). Sandals are not allowed in the canoe.

-1 set Polypro/Silk Shirt(s) and Long John(s)

Important Notes:

-Please pack everything in waterproof containers such as barrels, dry bags, olive barrels or garbage bags.

-We do not supply snack food. Please bring enough snack food to last the length of the trip.

-1 pair Hiking/Canoe Pants

-1 pair Shorts

-1 Bathing suit

- 2 or 3 pair Underwear

-2 T-shirts

-2 Wool Socks

-1 Fleece/Wool Top and Pants

- 1 Sun Hat

-1 Rain Coat and Pants

Accommodation

Most of the courses are run in Provincial Parks or private camp grounds so you are welcome to camp over. Check with the Akuni Adventure office to see if they have already reserved a site for the group. Camping gear, food, camp fees and parking fees are your responsibility. For ORCA Tripping courses food is provided.

Registration Policies

CANCELLATIONS

There is a full refund for cancellations more than 30 days prior to the program. 50% refund for cancellations up to 14 days. No refunds within 14 days of program start date.

There will be no credit or refund if a participant is late for a program or otherwise does not show up at the time of departure. Full payment will be refunded if a program is cancelled because of insufficient enrolment or at the discretion of Akuni Adventures.

MEDICAL EXPENSES

If it should be necessary to use a doctor or hospital, this expense will be passed on to the participant or his/her family. Citizens other than Canadians should have medical reimbursement insurance. If a participant must be sent home during a program the participant or his family will be charged the transportation expenses including flight, if necessary. Special insurance to cover the said costs is the responsibility of the participant.

HEALTH AND LIABILITY

All participants must be of satisfactory health and fitness for the kind of program they are undertaking. Any physical or medical problems that may require attention during the program should be discussed fully before the course begins. We do not assume responsibility for loss or damage to persons or property before, during or after a course.

All participants must sign an assumption of risk waiver and medical form before commencement of the program. Participants are responsible for their own personal insurance. The use of illegal drugs or alcohol is prohibited at all times during programs. We reserve the right to change itineraries if forced to by weather, fire, illness, safety, etc.

CONFIDENTIALITY

Information submitted by the participant is for internal business use only. Akuni Adventures does not supply personal information in any way to other agencies (i.e. mailing lists). Medical information is kept strictly confidential between the guide and the client.

RELEASE OF LIABILITY FOR PARTICIPANTS OF AKUNI ADVENTURES PROGRAMS

Name: _____

Address: _____

City: _____ Prov./State: _____ Postal Code/ZIP: _____

Course Name and Date: _____

ACKNOWLEDGEMENT OF RISKS

I, the above named person being above the age of eighteen, or the legal guardian of the above named person who is under eighteen, in consideration of Akuni Inc. and its assumed business name Akuni Adventures, its employees, directors, servants, volunteers, related parties, agents, successors, heirs and assigns (all of the above hereafter called the Releasees.), I understand and acknowledge that the activity I am about to voluntarily engage in as a participant and/or volunteer bears certain known risks and unanticipated risks which could result in injury, death, illness, disease or damage to myself, to my property, to other participants, to spectators, or to other third parties. Among these risks are the following:

- (1) the nature of the activity itself,
- (2) acts or omissions by the Releasees,
- (3) latent or apparent defects in equipment supplied by the Releasees,
- (4) use or operation, by myself or others of equipment supplied by the Releasees ,
- (5) acts of other participants in this activity or the Releasees,
- (6) weather conditions,
- (7) contact with plants or animals,
- (8) my own physical condition, or my own acts or omissions,
- (9) conditions of roads, trails, waterways, or terrain, and accidents connected with their use,

I understand and acknowledge that the above list is not complete or exhaustive, and that other risks known, or unknown, identified or unidentified, anticipated or unanticipated may also result in injury, death, illness, disease or damage to myself, to my property, to other participants, to spectators, or to other third parties. I expressly accept these risks and those not specifically listed above as well.

ACCEPTANCE OF RISK AND RESPONSIBILITY

I am aware that this activity entails risks or injury to myself and risk or injury to other participants, spectators or other third parties as a result of my actions. I expressly agree, covenant and promise to accept and assume responsibility and risk of injury, death, illness, disease, or damage to other participants, to spectators, or to other third parties and their property arising from my participation in this activity. My participation in this activity is purely voluntary; no one is forcing me to participate, and I elect to participate in spite of the risks.

I agree that if it becomes necessary to change, alter or cancel all or portions of my programme for reasons of inclement weather or for any other reason beyond the control of the Releasees, I will not hold the Releasees liable. I understand that if I have to be evacuated, I am responsible for all costs. I understand that Akuni Adventures, and the Releasees, must reserve the right to withdraw or refuse any service to any participant at any time.

Should the Releasees or other persons be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fee and costs. In the event that I file a lawsuit against the Releasees, I agree to do so solely in the Province of Ontario and I further agree that the substantive law of that province shall apply in this action without regard to conflict of rules in that province.

RELEASE

Having read this document, I hereby voluntarily release and forever discharge the Releasees from any liability, or claims, which are related to, arise out of, or are in any way connected with my participation in this activity. I also waive claim against the Releasees or entities for any delays howsoever caused, arising out of, or in any way connected with the participation in this activity.

PARTICIPANT INSURANCE BENEFITS AND REPRESENTATION OF PHYSICAL CONDITION

I understand and acknowledge that no major medical insurance benefits will be provided to me during this activity. I certify that I have sufficient health and accident insurance to cover any bodily injury I may incur while participating in this activity. If I have no such insurance, I certify that I am capable of personally paying for all such expenses.

I am in good health and able to participate in this activity. All medical information has been fully disclosed on the medical information form.

ENTIRE AGREEMENT

I understand that this is the entire Agreement between myself and the Releasees, and that it cannot be modified or changed in any way by the representations or statements of any employee or agent of Akuni Adventures, or by me. My signature below indicates that I have read this entire document, understand it completely, and agree to be bound by its terms.

Print name of participant or guardian

Date signed (dd/mm/yyyy)

X

Signed name of participant or guardian