



Day Sail Packet

½ Day and Full Day

6 Participants MAX

Cost:
\$100.00 an hour (minimum of 2 ½ hours)
½ Day Sail-- \$450.00 (4 ½ Hours)
Full Day-- \$900.00
Food Option: We can pick up a delicious lunch from DOTs. Cost is based on per person and menu options.

In this Packet:

- General Information
- Gear List
- Reservation information and policies
- Forms

In order to save paper please print only the necessary pages

Thank you for your interest in Thorfinn Expeditions. We offer exciting and unique sailing expeditions and day programs. We refer to our type of adventuring as “backcountry sailing” because we travel simply and seek out remote areas to explore. The information that follows will help you to prepare for your day program. A good attitude and excellent self care are the two biggest tips that we can give you. Good preparation begins at home. **Make sure that you are in good shape, have the gear (see gear list), and are prepared for to be on the water.** We do ask that you **fill out and bring the medical disclosure form for all participants in the group (We need one form for each participant)**. In addition, you must bring with you any **necessary prescription medication**. Please read the information carefully and feel free to call with any questions or concerns.

- Our Presto 30 *Thorfinn* is a high performance vessel. It is both fun and relatively easy to sail. We do ask for your participation in sailing the boat. Your day starts at the pre-arranged time and place (**in most cases meet 20 minutes before your start time at our store: 2516 Atlantic Highway, Lincolnville Beach, ME 04849—(207)-789-5115/after hours (207) 322-2293**). Your lead instructor/USCG captain will welcome you aboard and give you a short orientation to the boat that includes safety information. They will also ask you to share your goals for the day so that they can adapt the float plan to meet your needs.

A few days before the day-sail (*full day program only*) we will contact you with your lunch menu options. Generally we pick up sandwiches, snacks, and drinks at a local market. Your lunch options include eating “underway”, at anchor, or on an island if we have permission for an island near our area of operation for that given day. For ½ day programs we provide water and energy bars.

The weather in Maine can be variable (see weather policy below) and Thorfinn is a relatively small sail vessel so be prepared with suitable clothing and sun protection. It is usually colder on the water so do not skimp on our recommendations.

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If you are prone to motion sickness, we ask that you purchase some medication (Bonine, Dramamine etc) and consider taking it ahead of time if it does not make you too drowsy. Often people find some of the more natural options like ginger tablets to be all they need.

Allow for some flexibility to the schedule, particularly at the end of the program.

DAY SAIL PERSONAL EQUIPMENT AND CLOTHING LIST

Gear choices are a part of your sailing adventure. A layering system that works well for you provides several options for the fluctuating temperatures of the Maine coast. We recommend that you pack everything in a dry bag (or in a pack that is lined with a trash bag for weather protection). All safety equipment is onboard the Presto 30 "Thorfinn". Before departure clear safety procedures are given. Please call if you have questions.

Clothing/equipment:

- _____ Old sneakers or comfortable non-marking shoes.
- _____ Pile Jacket (warm synthetic top layer, or wool sweater).
- _____ Top and bottom synthetic base layers
- _____ Windbreaker
- _____ Rain Jacket--weather dependent
- _____ Rain Pants—weather dependent
- _____ Sun hat (w/ lanyard!)
- _____ Sunglasses
- _____ Sunscreen/lip protection
- _____ **Necessary prescription medications**
- _____ Small bag, dry bag or day pack for items
- _____ Water and snacks (unless you choose for us to pick up snacks/lunch)

Optional:

- _____ Water bottle.
- _____ Camera in dry storage (zippered plastic bag)
- _____ Full set of foul weather gear
- _____ Dingy/Sea boots
- _____ Sandals
- _____ Sailing gloves
- _____ Spending money if visiting a community

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Reservations are required for all of our programs and can be made by e-mail or phone. We recommend making reservations as far in advance as possible, although we can occasionally handle last-minute inquiries, particularly for day programs. For scheduled multi-day programs we strongly recommend that you contact us well in advance so we can discuss your individual goals and the suitability of our programs. For custom programs and expeditions, we work with you to design an appealing adventure that incorporates; an attractive route, food options, sleeping accommodations, and additional activities- such as climbing, sea kayaking, hiking, and coastal community excursions. **It is important to note that some of these options are done through our partners and you will be subject to their availability, liability waivers, payment, and policies.**

E-mail

Send us an email at info@thorfinnexpeditions.com indicating which program/expedition you would like to make a reservation for, your preferred date (if you are making a reservation for a half-day program, indicate whether AM or PM is desired), the number of participants (we are limited to 6 participants); and the ages, experience and relative fitness levels (mild, moderate or extremely athletic/fit) of everyone. If you are interested in renting some gear from us (foul weather gear, lifejackets etc. please indicate sizes)

We'll respond promptly with a confirmation that an opening exists on the date you requested (or suggest another date if necessary) and confirm your total program cost. A **50% deposit** (please read our deposit policy) will be requested at that time. Payment is accepted by **check** (made out to Thorfinn Expeditions, Inc) or credit card (**VISA, MasterCard or Discover Card**).

Phone

Please call us at **207.322.2293** to make a reservation over the phone. In season (June- October) we are in the office from **8:30AM to 6:00PM**. In the off-season, we are generally in the office in the morning only -- if we miss you, please leave a message and we will return your call promptly.

Deposit Policy

A 50% deposit is required to maintain a reservation. If you make your reservation in person, this deposit can be paid in cash, by check, or with a VISA, MasterCard or Discover Card. Deposits for reservations made over the phone can either be by credit card or by mailing a check made out to Thorfinn Expeditions, Inc. Our mailing address is **305 Hope Rd, Lincolnville, ME 04849**.

Cancellation/Refund Policy

All deposits are fully refundable if you provide us with at least **72 hours cancellation notice for day programs and 2 week notice for multi-day programs** or if inclement weather/gear maintenance issues - in our judgment - preclude your program from running as scheduled. **Group/Custom programs require a two-week cancellation notice in order to receive a full refund.**

Please understand that we have a very short season -- every day counts (one day in our season equates to an entire week in a year-round business). When someone enthusiastically books a reservation for a particular day, then calls up the night before to cancel, we lose the opportunity to refill that program slot.

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Weather Policy

Weather can be an issue. We can sail in most conditions and we ensure that you are geared up for adverse weather. It is very important that you bring the gear items from our clothing lists (either day or multi-day, see *clothing lists*). Locally, there are several good stores where you can purchase the items that you need including our own shop in Lincolnville Beach. The weather is always variable so do not expect sun at all times. We constantly assess and re-assess the weather both onboard the boat and from our office. Weather is generally more of an issue for day programs so contact us if you feel that your scheduled day program is no longer desirable due to weather. While we reserve the right to hold your deposit, we will work with you to determine if the weather is indeed "sailable" or if your reservation can be filled by another party. If *significant* weather makes our scheduled program either unsafe or extremely uncomfortable we will either cancel the day program with full refund or roll your deposit into a future program within the same calendar year. For multi-day programs, weather is less of an issue. We plan conservative expedition routes that allow for weather delays. We can fill the time with either more protected sailing, hanging on the anchor, or exploring on land until the weather abates.

All participants are required to complete and sign a **Participant Agreement, Release and Assumption of Risk form**. Minors must have a form signed by a parent or guardian to participate in a program. If you schedule "option activities" with some of our partnering businesses then you will be subject to their waivers and policies. We partner with highly qualified businesses but you are under their care and not Thorfinn Expeditions, Inc while you undertake these additional activities.

The form is available below in a PDF format; however, since this form needs to be signed, they must be downloaded, printed, completed and signed, then either mailed or delivered in-person to Thorfinn Expeditions, Inc

Participants are responsible for providing transportation for themselves at the start and completion of their scheduled program. However, we understand that there are several instances where this may not be possible: In the case of minors, those without a vehicle, or where a family member or traveling companion would be stranded if the participant used their vehicle. We will make every effort to accommodate our participants in these instances. Please let us know if you will be without a vehicle for the day so we may plan accordingly.

Liability Insurance

Thorfinn Expeditions, Inc is fully insured. Please contact us for details regarding our coverage.

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Medical Disclosure Form

It is the responsibility of all participants to fully disclose to Thorfinn Expeditions, Inc any pre-existing medical conditions, known allergies (particularly food, medications, and bees), existing or historical injuries (particularly to knees or shoulders), recent surgeries or any other physical limitations, and any medications they are currently taking. Full, open disclosure directly relates to participant safety and enjoyment. Thorfinn Expeditions, Inc reserves the right to exercise its judgment and disqualify and/or remove anyone at any time from a program if we believe that the participant is not capable of participating in a program safely. **For multi-day, group, and custom programs we need our medical screening forms (for all participants) filled out and sent to us two-weeks before the start of the program so we can adequately assess the appropriateness of the participants for the scheduled program.**

PARTICIPANT MEDICAL INFORMATION

Participant's Name _____

Street or PO Box _____ City _____

State _____ Zip Code _____ Home Telephone _____

Cell Phone _____ Email _____

SIGNATURE OF PARENT OR GUARDIAN, IF PARTICIPANT IS UNDER 18 YEARS OF AGE

Signature of Parent or Guardian _____

Print Name _____ Today's Date _____

Please answer the following questions to the best of your ability. The activities you will participate in often are of a different physical nature than what most participants are familiar. All medical concerns need to be known. If you have questions regarding your participation, you should discuss them with your doctor.

Height _____ Weight _____ M F

Are you currently under a doctor's care (if so--what for)? _____

Do you or have you ever suffered from any of the following? Please check.

Allergies _____ Do you carry an EPI-Pen? Y ___ N ___

Asthma _____ Do you carry an inhaler? Y ___ N ___

Back Problems _____

Diabetes Describe _____

Dislocations _____

Heart Problems _____

High Blood Pressure _____

Other _____

Do you have any medical condition not listed that Thorfinn Expeditions, Inc should be made aware of?

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Please describe your current level of physical fitness (activity, duration, level of exertion) _____

I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

I hereby certify that the above information is complete and accurate.

Signature of Participant _____ Date _____

If Under 18 – Signature of Parent or Guardian _____

Emergency Contact _____ **Home Phone** _____ **Cell Phone** _____

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