



Dear Student,

The Teens to Trails weekend at Adventure Bound is a time for outdoor clubs from across the state to come together to celebrate the end of the school year and enjoy a fun-filled weekend camping, hiking, white water rafting, and exploring. Clubs that participants will be able to explore the area around the Forks while offering students- like you!- the opportunity to connect with nature, build connections with like minded students from other schools, and strengthen bonds with your classmates through exciting outdoor activities. The activities offered allow students to challenge themselves while also fostering teamwork and collaboration.

Clubs are invited to camp for 1 or 2 nights and spend the weekend exploring the area. On Saturday, clubs can choose from various activities such as high ropes elements, indoor rock climbing, hiking, canoe and stand-up paddle boarding, or a swim in the crisp water at Moxie Falls. In the evening, cook delicious meals over your camp stoves, play fun games, swim in the pool, or cozy up to the campfire and participate in our annual s'more competition. We will finish up the weekend with a full-day whitewater rafting excursion down the Kennebec River, where students will have the chance to navigate rapids, conquer challenges, and work together as a cohesive team. Rafting is not just an exciting adventure; it's also a fantastic opportunity for students to learn the importance of trust, cooperation, and mutual support as they paddle through exhilarating waters. Rafters will also be treated to a chicken barbeque at the end of their excursion.

Clubs that participate in the weekend at Adventure Bound will supply their own food, and other basic camping supplies- or rent from Maine Gear Share. Don't worry about that though, your advisor and I have your back! If there's anything that you may not have from the packing list- ask your advisory and we'll get it for you! The Adventure Bound facility has bathrooms with running water, indoor and outdoor spaces available for clubs to use, and will provide all of the equipment necessary for rafting.

I can't wait to meet you!

Sam Andrews

Outdoor Program Manager



Diversity Statement

Teens to Trails deeply values diversity. We honor the differences among us. When we make the benefits of outdoor experiences accessible to everyone, everywhere we build stronger connections and communities. We utilize our diverse backgrounds, skills, and perspectives to create a culture of inclusion at Teens to Trails, the schools we work with, and with our funding and program partners.

Adventure Bound weekend is open to all individuals regardless of gender, size, ability level, or race/ ethnicity. For those who have accessibility needs, Adventure Bound is willing to provide more information on specific supports available on a case-by-case basis. The Adventure Bound website provides this statement on the rafting experience: *Under most circumstances, if you are in reasonably good health, then you should have no problem enjoying a trip with Adventure Bound. However, it should be noted that on rare occasions rafts do capsize and/or guests can be swept overboard. In such situations your guide will make every attempt to assist, but your physical condition should be such that you can 'self help' and 'float it out' without further endangering yourself and others. We recommend checking with your Physician prior to participation.*

More Details!

The weekend spent at Adventure Bound will be filled with plenty of fun! Friday night will have a campfire for groups to get to know each other, Saturday will have opportunities for day hikes and other adventures, and Sunday will hold the full-day rafting adventure!

On Saturday there are chances for groups to take trips out to local points of interest. Moxie Falls, one of the highest waterfalls in Maine, is a short drive and hike away from Adventure Bound, and there are plenty of other hikes available to choose from too. Adventure Bound also offers lots of activities to do at their facility! Some of the things to do are:

- Play disc golf, basketball, volleyball, soccer, bocce, frisbee, or cornhole
- Climb the climbing wall or high ropes course (open at designated hours)
- Go for a swim in the river, stand up paddle board, or kayak
- Use the pool & hot tub



- Hang out, read, hammock or journal by the riverside
- Walk the onsite hiking trail

On Sunday clubs will be able to participate in a guided rafting trip down the Kennebec River. This will be a chance to experience the thrill of whitewater while working with others in your club to propel a raft through Class III and IV rapids. Expect to get splashed and have fun!


While at Adventure Bound groups will be camping on a large field with other school groups close by. It is difficult to find hammocking spots, so plan on tenting. There will be one large communal fireplace where there will be a fire each night, and 2 other fire pits that groups can use. For cooking, there is a pavilion with picnic tables. The main building at Adventure Bound has gendered bathrooms with hot running water and showers.

More information about the weekend, the facilities, whitewater rafting, and accessibility accommodations can be found on the [Teens to Trails website](#).

Weekend Schedule

[AB 24 Schedule of Weekend](#)

Packing List

 Suggested Student Packing List AB 24

Rafting packing list continued on the next page...



What to Pack Rafting

Gear that is provided	Gear to bring rafting		Gear for afterwards
Life Jacket	Bathing suit/ swim shorts to wear under wetsuit	NO cotton shirts, hoodies, or jeans!!	Change of clothes
Helmet	_____	_____	Towel
Wetsuit	Sneakers, water shoes, or river sandals	Must stay on your feet, NO Crocs	Water bottle
Paddle	_____	_____	
	Wool or fleece sweater	Should fit over wetsuit and layers	
	_____	_____	
	Windbreaker or rain jacket	Optional for additional warmth	
	_____	_____	
	Water bottle	Optional- must have carabiner to attach to raft	
	_____	_____	
	Glasses/ sunglasses	With glasses strap	
	_____	_____	
	Small dry bag	Optional to hold extra layers	
	_____	_____	