



REGISTRATION INFORMATION

Maine Path & Paddle Guides & Outfitters
 60 Easter Ave., Windham, ME. 04062
 877-632-2663 Toll Free
 CanoeMaine.com MaineMultiSport.com



Please take the time to fill in the form completely. Your safety and enjoyment are our priority.
 Call or email if you have questions about anything on this form.

Destination /Trip Name					
Departure Date				Group size	
<input type="checkbox"/> Canoe Trip		<input type="checkbox"/> Multisport Trip			
Coordinator / Primary Contact					
Name		Date of Birth		Male	Female
Address					
City		State	Zip		
Phone # home		cell			
email					
Height		Weight		T-Shirt Size	XXI XI L M S
Emergency Contact	Name	Relationship		Phone #	
Dietary Restrictions (Low Sodium, Gluten Free, Food Allergies, Vegan, Sugar Free, Lactose Intolerant, Other)					
Medical Conditions (Diabetes, Heart Condition, High Blood Pressure, Back Problems, Asthma, Allergies, Hay fever, Medications, Sight or Hearing Loss, Physical Handicaps, Other)					
General Fitness	Should Exercise More	Feel OK About My Fitness	Great Physical Shape		
Typical Weekly Workout (I.e. walk for 20 min 3X a week or ride bike on weekends or run 6 miles 4 days a week)					
<input type="checkbox"/> Check here if you would like pre and post trip accommodation information.					
Other Comments or Questions					

* info@CanoeMaine.com * Toll Free 877-632-2663 * info@MaineMultiSport.com *