



Maine Canoe Symposium

C/O Winona Camps
35 Winona Road
Bridgton, ME 04009
207-647-3721

info@mainecanoesymposium.org
www.mainecanoesymposium.org



IMPORTANT INFORMATION FOR PARTICIPANTS

1. Please observe 10 MPH speed limit on access road and in camp
2. Please park in the DESIGNATED parking areas only. Do not drive onto athletic fields. Barrier-free parking is available.
3. No dogs, other than working service dogs, are allowed for MCS Participants.
4. Smoking is prohibited in all of Winona buildings and in all public areas. There is a “smoking area” behind the laundry building, which is the only allowed smoking space.
5. Tenting areas (if you bring your own tents):
 - a. Small baseball field (“Junior”) in center of camps - adults only (no children please)
 - b. Large baseball field (“Inty”) - everyone welcome to tent
 - c. NO FIRES allowed in tenting areas. Fires allowed only in designated areas and require the approval of Winona Camps.
6. Wall tents include bed linens but not towels.
7. Quiet Hours are 10PM through 6AM.. We ask you move to main buildings for conversations, no slamming of vehicle doors and keep the tent areas as quiet as possible.
8. Drinking water and hot showers available. See map for location of women’s and men’s shower houses and toilets.
9. Bring FLASHLIGHTS with you to all evening events. It is dark under the pines and those trees don’t move!
10. Bicycles may be used to get around in camp. **Helmets are required.**
11. Parents are responsible for their children's safety. When children are around the water, parents are responsible for making sure their kids are safe. Neither the Maine Canoe Symposium nor Winona Camps provide life guard service.
12. Do not use private canoes without permission from owner. Please ask if you are unsure.
13. You are encouraged to bring your own canoe, PFD (Personal Flotation Device), paddle, and/or pole to the symposium. If you have PFD’s for your children be sure to bring them so they have the

proper size. **PFDs must be worn at all times while in any watercraft.** Winona has PFDs if you do not have your own.

14. Bring appropriate clothing and rain gear for Maine in June. If it rains, the Symposium just keeps going. Make sure you will be comfortable regardless of the weather.
15. Appropriate footwear is required at all times when you are not in the water or inside a building. Wear shoes when walking to and from the waterfront and in the Dining Hall.
16. For incoming emergency calls, the Winona Camps switchboard is covered round the clock at 207-647-3721.
17. Emergency medical information may be placed on file in the Winona Camps office upstairs in the Dining Hall.
18. Signup sheets for on-water workshops will be available in the Dining Hall—see the schedule for times.
19. Some workshops may require that you bring special equipment, such as yoga mat, towel, camera, mobile device—please check the workshop descriptions.
20. **Do Not Swim Alone or After Dark.** Swim only in designated swim areas (the northern and southern “H” docks) supervised by a certified lifeguard. DO NOT swim off the shoreline or the sail docks. Lifeguards will be available at Site A on Saturday from 4:30 – 5:15 PM.
21. It’s tick season in Maine: do thorough tick checks, especially if you are tenting on the ball field.

MCS Mission Statement

Established in 1986, the Maine Canoe Symposium is a volunteer-run, nonprofit weekend event held annually at Camp Winona on Moose Pond in Bridgton, Maine.

The Symposium encourages participants of all ages to develop an understanding and appreciation of the diversity of North American canoeing heritage and to develop canoeing and related skills through educational workshops, presentations, and hands-on instruction.

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