

AIO LOGISTICS AND REMINDERS

SUMMER 2023

Please read the following information carefully for travel and equipment specifics.

Arrival and Departure Information

Arrival to AIO is on the first Sunday between noon and 5 pm. Only students and staff will be allowed in the building on drop off to maintain deep clean performed prior to arrival. Students should not plan to arrive earlier than noon since the staff is off duty until then. The first meal is dinner served at 6 pm so be sure the student has had lunch.

Departure is the last Friday of the session between 9 am and noon. (if you need to depart earlier on that day, just let us know). We are pleased to offer a family cookout between 11:30 am and 12:30 pm on the last Friday if you have time to join us. Parents may also tour the building at that time.

If you travel by bus or plane, send complete info when the flight is confirmed. We will arrange for transport to and from both the Bangor and Bar Harbor airports at no charge and the bus into Bangor. **NOTE:** Students under 15 years of age are automatically considered unaccompanied minors (UM) by some airlines, which incurs an additional fee to be paid to the airlines. You may initially list my name (Sheryl Gilmore) then I will contact you a few days before arrival with the staff member's name and contact info. Send a pre-paid card or debit card for luggage fees at the airport (they don't take cash). If not traveling as UM, the parent can pay for luggage in advance.

Driving Directions to Seal Harbor

You'll want to use your GPS or mapquest.com for specific directions (enter the ending location as 9 Lower Dunbar Rd, Seal Harbor, ME). Here are some general directions, however: Once in Maine, take I-95N and follow signs towards Augusta. Near Portland you will take I-295 N and stay on this until you rejoin with I-95 just south of Augusta. North of Augusta, you have two choices: follow Rt. 3 to Belfast and then north or stay on 95 to Bangor

and then take 1A. Either will reconnect you in Ellsworth with Rt. 3 towards Acadia National Park and Bar Harbor (18.2 miles away). You will see National Park visitor center as you approach the island... a great place to get a map and information. As you come onto Mt. Desert Island you may either curve left on Rt. 3 to Bar Harbor or go straight onto 198—this route is the most direct to our site but requires a couple of turns (left at the lights just past the Mobil station and then left when you leave Rt. 198 and rejoin Rte. 3— you'll see a sign quickly after the turn that reads "Seal Harbor 3 miles.>"). Coming from Bar Harbor on Rt. 3, Seal Harbor is 3.1 miles from Otter Creek. AIO is located on Lower Dunbar Rd., which is the second right as you come into Seal Harbor from the north or the second left from the south after going through the village of Seal Harbor. Proceed one block and you'll see our sign in front of the brick schoolhouse on the right. Please stay in your car and await staff instructions.

Equipment

Optional equipment is just that... optional. We do not recommend you buy any equipment listed on the optional list unless you plan to use it after you leave AIO. If you wish to snorkel, you may bring your own snorkel and mask or you may borrow our gear. If you feel your child needs a wetsuit, we recommend buying it used and only if it will be used after the program ends. We have a few wetsuits but most are small. The ocean water will be in the upper 50's to 60° F. Two-week session students will do laundry on the middle weekend. We recommend bringing a roll of quarters and laundry bag or pillowcase for dirty laundry. AIO also sells a laundry bag available at the merchandise website. We supply a hypoallergenic laundry soap. Put your name on all equipment and clothing that you want to keep.

Flotsam and Jetsam

Health forms must be completed and signed by you, your parent and doctor. Email or send the form prior to the start of the session so that the nurse and cook can prepare accordingly. Maine law dictates that each participant may not enter a camp without a health form and must be seen by a doctor within one year of attendance. Also include a copy of the student's health insurance card. The state requires forms for those students who carry emergency only medicine such as an epi-pen or inhalers. You have received forms that must be returned if you wish your child to carry one of these items.

While we hope the state of Covid in 2023 allows us to get rid of most protocols, we are prepared to do what is necessary to keep everyone safe. **You should not register your child unless you are willing to follow the same protocols we followed in 2022.** That included being vaccinated/boosted from Covid-19 and masks inside. We'll have more information in the spring. See our **Covid-19 Protocols** for more information.

A sleeping bag is the favorite choice of bedding. This, in combination with a fitted sheet, serves as a comfortable solution for all kinds of weather. Don't forget the pillow!

The student will need some money for ice cream stops, laundry and outside trips. We recommend \$30 for the one week and \$100 for the two-week programs. Money can be added to your student's "bank" via Venmo or another money app or cash on drop off. We ask that students don't keep money with them in the dorms.

The address for students and staff in the summer is P.O. Box 285, 9 Lower Dunbar Rd, Seal Harbor, Maine 04675. The summer phone number is 207-276-9364. Students can be reached at that number during their free time. They will only be pulled from an activity for a phone call if it is an emergency. Please no calls after 9:55 pm. Students also have access to their e-mail unless you request otherwise.

Lodging

High season on Mt. Desert Island begins July 4 with the month of August tending to be the busiest. Ellsworth is the least expensive option and is approximately 30 minutes away. You have received a sample list of hotels in and around the island in your registration packet but an internet search will find lots of options. Make reservations early since they fill quickly.

We're working on our new t-shirt design for this year. We also carry other AIO merchandise which you can order from the link that will be sent in the spring. Pre-ordered merchandise will be available when you arrive. Items will also be available for purchase during the session.

You'll need a water shoe that has good traction. An old sneaker or aqua sock works well. You will also need a raincoat since we work outside rain or shine. A rubber slicker works best. Bring your own water bottle or buy an AIO water bottle.

Additional Programs

Belize – Our next tropical program at the TREC on Ambergris Caye, Belize will take place Nov.18-26, 2023. Students who perform exemplary in an advanced session are welcome to apply. We'll hold an orientation meeting during this summer's sessions to provide details and provide registration material.

Florida Exploration Program – The 11th Florida Exploration will be offered November 22-27, 2024. For 6 days/5 nights, students will explore the northwest coast of Florida by swimming with manatees, snorkel the Devil's hole, meeting with State Park Rangers and end with a program at SeaWorld. Students 14 years and up who have shown maturity and a strong interest in marine biology may apply after attending an informational meeting during their session. This program is limited to 30 students and you may apply at the end of each session.

College Credit – if you have applied to take the first advanced session for credit, you will be sent a link in the spring to create an account at the Univ. of Maine Machias. This is mandatory.