

## **Getting ready for your kayak class**

We want you to have a great experience kayaking. Each of our programs is a unique experience dependent upon weather, tides, and Mother Nature. Our skilled instructors and trained staff offer paddlers of all abilities a safe and fun experience. So bring an open mind, a great attitude, and a sense of adventure. Please read the following to help you plan for a great day on the water with us.

### **Please note**

1. Keep in mind that **YOU ARE RESPONSIBLE FOR YOURSELF** out on the water.
2. Please arrive a half-hour early for outfitting and paperwork.
3. Be prepared, wear proper clothing and bring necessary gear (see below).
4. We will provide necessary kayaking equipment (boat, paddle, PFD, skirt, and a wetsuit if needed).
5. **YOU MUST KNOW HOW TO SWIM and be comfortable in the water.**
6. **Kayaking is a physical activity requiring a good level of personal fitness. Check with your physician if you have any concerns about exercise limitations.**
7. All programs must be paid in full (cash or check made payable to your instructor) prior to reserved date.
8. Refunds will be given if program is canceled by the instructor due to weather (thunder, lightning, high winds).

## **What to wear (check the weather & dress accordingly)**

### **HEAD**

1. Hat (cap or wide brim sun hat)
2. Sunglasses/ Eye Glasses with retainer strap

### **UPPER BODY “say no to cotton”**

1. Base layer- Polypropylene or synthetic shirt
2. Insulation layer- Fleece or wool shirt
3. Outer layer- Waterproof rain or paddling jacket

### **LOWER BODY “say no to cotton”**

1. Base Layer- Polypropylene bottoms
2. Insulation Layer- Fleece or synthetic pants
3. Outer layer- Waterproof pants
4. Synthetic pants or shorts (in warm weather)

### **FEET and HANDS**

1. Water shoes or sandals
2. Neoprene booties
3. Old Sneakers
4. Light or paddling gloves

### **NECESSARY EXTRAS**

1. Water
2. Lunch/snacks
3. Sunscreen and lip stuff
4. Small dry bag for your stuff or Ziplock Bags
5. **DRY CLOTHES, SHOES, AND TOWEL**
6. Signed waiver
7. Needed medications

### **WHAT NOT TO BRING IN KAYAKS**

1. Drugs, alcohol or soda
2. Wallets and jewelry
3. Electronic car keys (little black thing with buttons)