

## INTRODUCTION TO SEA KAYAKING

### WHAT TO BRING:

- Wet shoes (aqua socks, neoprene booties, old tennis shoes, or river sandals. No flip flops!
- Swimsuit (or clothes that you can get wet and swim in)
- Towel
- Sunscreen
- Hat or visor
- Sunglasses with secure, floating retainer strap
- Water bottle (at least one quart of water)
- Lunch & snacks (food is available for purchase at Sportsman's Lounge)
- Extra clothing for warmth on the water (wind breaker, paddle jacket, or light fleece). You may use a wetsuit or Hydroskins, if you have them.
- Personal health and skills survey (filled out completely)
- Liability waiver form (filled out and signed)
- If using your own equipment, bring your kayak, paddle, sprayskirt, and life jacket (PFD). Also bring a pump and paddle float, if you have them.

All clothing that will be worn on the water should be synthetic and quick drying (nylon, polyester, polypropylene, capilene, etc.) **NO COTTON!!**

If you have any questions regarding the list of things to bring, or directions to the lake, please call Sherri at 262-895-2008, or send an e-mail to [sherrikayaks@wi.rr.com](mailto:sherrikayaks@wi.rr.com).