

RECREATIONAL KAYAKING BASICS

WHAT TO BRING:

- Wet shoes (aqua socks, neoprene booties, old tennis shoes, or river sandals. No flip flops!
- Clothing that can get wet.
- Towel
- Sunscreen
- Hat or visor
- Sunglasses with secure, floating retainer strap
- Water bottle
- Small snack that you can bring with you on the water (granola bar, trail mix, etc.)
- Extra clothing for warmth on the water (wind breaker, paddle jacket, or light fleece)
- Personal health and skills survey (filled out completely)
- Liability waiver form (filled out and signed)
- If using your own equipment, bring your kayak, paddle, and life jacket (PFD).

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, please call Sherri at 262-895-2008, or send an e-mail to sherrikayaks@wi.rr.com.