

ROLLING CLASSES

WHAT TO BRING:

- Kayak with cockpit padded out to fit you snugly
- Paddle
- Sprayskirt
- PFD
- Pump and Paddle float
- Noseplugs ***VERY IMPORTANT***
- Swim goggles or Dive mask (optional, but very helpful)
- Towel
- Water bottle
- Extra clothing for warmth while on the water, (wind breaker, paddle jacket, or fleece pullover)
- Spare dry clothing to change into after class
- If you wear prescription glasses or contacts, bring a spare pair of glasses and/or personal contact care items like saline solution.
- Secure floating retainer strap if you will be wearing glasses/sunglasses on the water
- Personal health and skills survey (filled out completely)
- Liability waiver form (filled out and signed)

All clothing that will be worn on the water should be synthetic and quick-drying (nylon, polyester, polypropylene, capilene, etc.) **NO COTTON!** Dress more warmly than you think you need to. Wear a wetsuit or Hydroskins if you have them. Staying warm will keep your muscles loose and relaxed and make it easier for you to perform the motions of a roll.

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.