

## Paddle safe and have fun!

gear, and distribute weight evenly. Mever overload the craft. Tie down enough to cause it to capsize. the edge of the craft can destabilize it fimes. Simply leaning a shoulder over weight centered in the craft at all and avoid weight shifts. Keep your Do not stand up in a canoe or kayak

> Don't drink and paddle. member.

pared float plan to a friend or family · Never paddle alone, and give a pre-

avoid hypothermia. escape lessening posture (H.E.L.P.) to the effects of hypothermia and the heat Know life saving techniques and learn rapids, downed trees or low-head dams. the presence of hazards such as difficult speed of current, tidal influences and ing distance to destination, water level, Know the body of water or river includ-

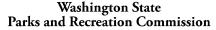
- Monitor the weather.
- level, learn how to self rescue. Know before you go. Know your skill
- synthetic fabrics. · Dress in layers using clothing made of
- Always wear a properly fitted life jacket.

## Important things to remember:

The learn more about paddling and for links to other paddling organizations, visit www.parks.wa.gov

**Washington State Parks Boating Programs** (360) 902-8555 Boating@parks.wa.gov www.parks.wa.gov





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All Washington state parks are developed and maintained for the enjoyment of all people.

To request this brochure in an alternative format, please call (360) 902-8844 or the Washington Telecommunications Relay Service at (800) 833-6388.



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Set a course on shington

## Be prepared.

- Wear your life jacket.
- Sunscreen
- Water bottle
- Snacks
- Spare paddle
- Hat

- Proper footwear
- Dry bag
- Spare clothes
- Waterproof/windproof jacket
- First aid kit
- Cell phone or VHF radio

**Note:** Other gear may be needed depending on your specific type of boat and activity, paddling destination, length of trip, or local rules and regulations. State and federal laws set specific requirements for some waterways. Make sure you know how to use the equipment you take along!

## **Share the water.**

- Be aware of other vessels on the water. It's often extremely difficult for power boaters to see kayaks and canoes. Do not assume that a power boater will see you.
- Power vessels often create a large wake as they slow down and the boat settles into the water. Large vessels produce both a bow and stern wake. Both are dangerous!
- If a vessel does not respond to your VHF radio call, call again. The vessel operator
  may not have heard you. Wave your paddle above your head to alert vessel
  operators of your presence.