Paddle safe and have fun!

- Always wear a properly fitted life jacket.
- Never overload the craft. The down enough to cause it to capsize.
- The edge of the craft can destabilize it. Simply leaning a shoulder over
- weight centerline in the craft all
- and avoid weight shifts. Keep your
- Do not stand up in a canoe or kayak.
- Don't drink and paddle.
- Monitors the weather.
- Know the body of water or river includ-
- ing distance to destination, water level,
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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.