SUP CHECKLIST

- Hat/visor/ and or sunglasses (w/ lanyard if you have it)
- Sunscreen/long sleeve rash guard
- Bug spray (if evening paddling)
- Bathing suit and/or non cotton, wicking clothing
- Towel (might want to bring an extra for the car if your bottom gets wet
- Water/light snack (so no low blood sugar issues)
- Water shoes/ old sneakers/ or flip flops
- Dry bag (if you have one)
- Completed waiver (which can be printed off the website)
- Life jacket and whistle are mandatory & will be provided but you may bring your own if it is Coast Guard approved
- A smile and a spirit of adventure

