

INTRO TO KAYAKING CLASS INFORMATION:

We will spend about an hour on land with some instruction about boats, paddles, and required gear. Then we will get everyone set up in a kayak, and get you on the water for the remainder of the lesson.

What we Provide:

Comox Valley Kayaks will provide a kayak and transport Canada required gear for you including:

- Paddle
- Lifejacket with whistle
- Throw bag
- Bailing device

If you have your own life jacket, please bring it as it will probably fit & be more comfortable for you.

What to Wear:

- Wear quick dry clothes (no jeans or cotton) similar to those you would wear for jogging or biking, and appropriate for the weather conditions. We don't plan on capsizing, but sometimes accidents happen!
- Bring a change of clothes, and leave them in your car for after class.
- If you are taking this class on water that is less than 15 degrees—or by request—we will have a wetsuit for you to borrow
- Wear water shoes/sandals that are secure on your feet and provide you with good traction for walking on rocky beaches and/or boat ramps as they can be slippery! (Flip-flops are not recommended.) **Expect to wade up to your knees when launching & landing.**

What to Bring:

- A light jacket (it is cooler on the water)
- A hat
- Sunscreen
- A water bottle

Where to Meet:

- Please arrive 10 to 15 minutes early to allow time to find parking and to complete a liability waiver.

If you have any further questions please email lessonstours@comoxvalleykayaks.com.