

## Equipment

Ensure your Stand Up Paddleboard has no damage and is safe to use before you go out onto the water. Ensure inflatables are at the correct pressure.



Your leash is your primary safety device, one should be worn at all times. A buoyancy aid is also recommended for new and novice SUP paddlers.



Consider your clothing choice, check the weather and dress appropriately.



## Supplies

Using a waterproof bag, pack all the supplies you may need for your trip including suncream, medication, extra clothes, food, drinks, etc.



Having a means of communication such as a mobile phone is essential, remember to put in a waterproof bag and keep in your buoyancy aid.



Taking a first aid kit in a waterproof bag is always a good idea for dealing with minor injuries.



## Getting Out On the Water

Ensure you take your time getting on and off the water safely.



Plan your paddle within your capabilities, check the weather, and use **paddlepoints** to gain information on your trip.



If you want to develop your skills and understanding, consider a course or guided tour with a British Canoeing Delivery Partner or affiliated club.

