

## Safety

Whatever craft you are using make sure you and others are wearing a correctly fitted buoyancy aid.



For SUP 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.



Inflatables are more affected by the wind, and additional care must be taken when planning your trip.



## Clothing

It is essential that you wear the correct clothing for the weather and environment. This stops you overheating or getting too cold.



No matter what the weather, there is always a chance of getting wet when paddling. A waterproof top, bag or wetsuit can be a great barrier.



It's important that you prepare for your day paddling, the weather can change, so make sure you pack everything you need for the day.



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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.



Pack all the supplies you will need such as extra clothes, medication, food, etc.



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

