



Things to Bring To Valley Mill Kayak School Class !!!

These are some of the things you should consider bringing to class with you to make sure you have a more enjoyable experience on the river. Do not underestimate the value of these items! We've been doing this for quite a while, and experience has shown us that the student who comes prepared, has a better time on the water.

Here's the list:

- 1) Completely filled out, legible health history form and waiver! This is mandatory- we will have extras on site, but filling these out ahead of time will save time on the day of your lesson. Download them off our website.
- 2) Plenty to drink- staying hydrated is very important with any physically demanding sport, so bring water with you everytime you paddle.
- 3) Sunscreen- you could be in the sun for up to 4hrs in some of our lessons. A bad sunburn is the most common kayaker ailment.
- 4) Snacks- you'll be burning lots of calories, and you will need the energy supply, so bring something to snack on like a powerbar wrapped in a ziplock sandwich bag or drybag.
- 5) Proper footwear- we recommend kayak specific shoes because they fit better in low volume kayaks. Any thick soled shoe will probably not fit in your kayak. You **MUST** protect your feet from sharp rocks, glass, metal, sticks, or anything else that might be in the river- no bare feet allowed.
- 6) Noseplugs- this is a very recommended piece of gear! If you think you don't need them, then go stick your head upside down in a bathtub full of water for ten seconds and see what happens. Being upside down in the river is less fun if you are uncomfortable! We will have a limited supply available for sale at your lesson for \$10.00 ea.
- 7) Straps for eyewear- If you don't want to lose your glasses, bring a strap to keep them on, or they could be lost to the river.
- 8) Drybag- These are a great way to maintain your stuff, and keep it from getting stolen from your car while you are on the river- always protect your valuables!
- 9) Layering- we supply the following; kayak, paddle, spray skirt, helmet, and pfd, but do not have layering gear for our students- that you have to buy. Items like: paddling tops, polypro, neoprene, rash tops, thin skin, etc. You **WILL** be wet the entire lesson and will need to keep your body temp regulated. Our lessons take place rain or shine, and you would be suprised how cold you can get on a cloudy, windy day in July when you are wet, so come **PREPARED**. Wet suits are ok, but they are better suited for scuba, than kayaking.
- 10) Medications- If you need to take any meds for any reason bring them with you- notify your instructor and they can hold onto them for you.

