

## ***Come Prepared for a South Slough Paddle Trip***

South Slough NERR and the Friends of South Slough Inc. (FOSS) are very excited for you to join us for a paddle trip. Below you will find a few guidelines to prepare you for the trip. We appreciate your help in following these guidelines so we can make it a safe and enjoyable trip for all participants.

### **Boat Suggestions:**

*These are to ensure that you and all participants have a safe and manageable paddle trip.*

- Boats with bulkheads, flotation and deck lines that are longer than 12 feet track best under windy or low tide conditions but we can work with what you bring, call (541)-888-5558 ext. 126 if you have concerns.
- We prefer you not bring inflatable boats or boats with pedals, as these do not handle well in wind or shallow water.

➤ **Suggestion of What to Bring (per boat):** These Items are optional, but are really good things to have on hand.

- Paddle
- Sponge or bilge pump
- Dry bag
- Whistle or horn
- Throw bag or tow rope
- 1<sup>st</sup> aid kit
- Spare paddle

➤ **Suggestion of What to Wear:** Remember the water temperature is never above 55°F and the air temperature with wind is not much warmer so if you get wet, hypothermia is an immediate concern.

- Dress in layers using clothing made of synthetic fabrics such as fleece, polyester, nylon, neoprene, and polypropylene.
- Carry waterproof jacket and pants for splash and rain protection.
- **Avoid** cotton as if this gets wet, you will waste energy warming the water in your clothing and increase your chance of hypothermia.

- Bring extra clothing in a waterproof container, in case the weather is more severe than predicted or you get wet.
- Wear a hat with a bill or brim to help shield your face from wind , sun and rain. Also carry a hat that will keep your head warm in cold weather.
- Wear secure fitting river shoes or old sneakers to protect your feet from sharp objects in the mud. Be careful to avoid shoelaces catching in or on the boat. With the cold temperature of the water neoprene booties or socks are recommended.

### **Suggestion of What to Bring (per person):**

- *You will be paddling for an extended period of time as well as carrying the boat and walking over uneven terrains, so make sure you are comfortable and prepared for the day. Bring all items in a waterproof container.*
  - Personal Floatation Device (PFD), lifejacket
  - Water bottle for each participant. Keeping well hydrating even on cool days is important to being able to paddle.
  - Food. Depending on the trip length, bring a lunch if instructed or else bring snacks to help keep your energy up
  - Sunscreen and Insect Repellent
  - Camera in waterproof case
- Prepare for your trip by being well rested and ready to paddle. A positive attitude will help as this will be a team effort!

Some information was gathered from the American Canoe Association “Best Practices for Paddlers and Paddlesport Programs” [http://www.americancanoe.org/resource/resmgr/seieducational\\_resources/brochure\\_best\\_practices.pdf](http://www.americancanoe.org/resource/resmgr/seieducational_resources/brochure_best_practices.pdf) and Charles River Canoe & Kayak <http://www.paddleboston.com/advice/dressforcoldwater.php>