

MAINE KAYAK

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Lake Kayaking Equipment List

Here is a list of items you will need to bring with you for your trip:

- Towel and change of clothes
- Bathing suit and shorts
- Hat and sunglasses and safety strap
- Sunscreen
- 2 Water Bottles
- Any personal medication (2 refills)

Optional Items:

- Light synthetic undergarment (polypropylene, bergalene, capilene) top & bottom
- Wetsuit
- Paddling Pants
- Booties/Wet shoes
- Dry top
- Camera/Film

Maine Kayak will provide:

- Top-of-the-line kayaks
- Wetsuit Top and Bottom
- Spray Skirt and Paddle
- Lakeside lunch on full day trips
- Life Jacket and Whistle
- Spray Top and Booties

Note: *Maine Kayak welcomes and encourages the use of personal kayak and gear provided that it meets with our standards of safety.*

Resource List

Below is a list of optional recommended resources in preparation for your kayaking learning experience:

Recommended Reading

Foster, Nigel, Canoeing: A Beginner's Guide to the Kayak, Fernhurst Books Publishing, 1990, Soft Cover, 64 pages, ISBN 0-906754-50-X

Schumann, Rodger, Sea Kayak Rescue, Globe Pequot Press, 2001, Soft Cover, 126 pages, ISBN 0762707453

Dutky, Paul, The Bombproof Roll and Beyond!, Menasha Ridge Press, 1993, Soft Cover, 177 pages, ISBN 0-89732-085-9

Videos

“Capsize Recoveries & Rescue Procedures”

“The Kayak Roll”

“Nigel Foster Sea Kayaking Series: Vol.1-4”

“Performance Sea Kayaking”

Websites

- www.paddling.net (Kayaking Information)
- www.necky.com (Necky Kayaks)

- www.kayakonline.com (Kayaking Information)
- www.acanet.org (American Canoe Association)

"THE WAY PADDLING SHOULD BE"