

## THINGS YOU MAY WANT TO BRING: (or not forget)

Hat

Sunglasses Sunscreen Protective Footwear (water shoes, neoprene boots, etc.) Bathing Suit & Towel Lightweight, Fast-drying or moisture wicking Clothing Change of Clothing Water Bottle Drybag and/or Waterproof Phone Case Snack or Lunch Completed Waiver Form Trash bag First-Aid

## Be prepared to get wet, this is a watersport! Leave no trace. Take out what you take in.

1 paddle and 1 pfd are provided per seat. NRK Staff will have additional waivers, paddle maps if available, and ziplock bags on hand. Dry bags, kid and canine pfd's, extra paddles and pfds, paddle upgrades, pooch pads, kayak carts and more are available (fees may apply) upon request. If you have any special requests, please let us know and we will do our best to accommodate you.