

PADDLING POKER RUN TIPS

- ◆ Hat, visor, sunglasses and sunscreen are a good idea if the sky is clear.
- ◆ Bring an extra set of dry clothes, towel, dry shoes, and extra sweat shirt or jacket.
- ◆ Insect repellent, inhalers, bee sting kits couldn't hurt.
- ◆ Sturdy water shoes are recommended on the water. Do not wear sandals or paddle in bare feet.
- ◆ Bring snacks and brown bag lunch to refuel along or after the course.
- ◆ Bring water to ensure you stay hydrated! Refilling stations will be provided along the course.
- ◆ No alcohol in kayak or on river is permitted; no glass containers permitted on river.
- ◆ Please take your containers and litters off the boat with you and do not litter along the riverway. Trash receptacles will be provided at the end of the course.
- ◆ Don't forget, approved lifejackets are required!!!
- ◆ And most importantly - HAVE FUN!!!!



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