



Paddle safe and have fun!

- Never paddle alone, and give a prepared float plan to a friend or family member.
- Don't drink and paddle.
- Do not stand up in a canoe or kayak and avoid weight shifts. Keep your weight centered in the craft at all times. Simply leaning a shoulder over the edge of the craft can destabilize it enough to cause it to capsize.
- Never overload the craft. The down gear, and distribute weight evenly.

Important things to remember:

- Always wear a properly fitted life jacket.
- Dress in layers using clothing made of synthetic fabrics.
- Know before you go. Know your skill level, learn how to self rescue.
- Monitor the weather.
- Know the body of water or river including distance to destination, water level, speed of current, tidal influences and the presence of hazards such as difficult rapids, downed trees or low-head dams.
- Know life saving techniques and learn the effects of hypothermia and the heat escape lessening posture (H.E.L.P.) to avoid hypothermia.

The learn more about
paddling and for links to
other paddling organizations,
visit www.parks.wa.gov

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Boating Programs
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Washington State Parks and Recreation Commission

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(360) 902-8844 or the Washington Telecommunications
Relay Service at (800) 833-6388.



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Rev 08/10



Set a
course on
Washington
waters

Be prepared.

- **Wear your life jacket.**
- **Sunscreen**
- **Water bottle**
- **Snacks**
- **Spare paddle**
- **Hat**
- **Proper footwear**
- **Dry bag**
- **Spare clothes**
- **Waterproof/windproof jacket**
- **First aid kit**
- **Cell phone or VHF radio**

Note: Other gear may be needed depending on your specific type of boat and activity, paddling destination, length of trip, or local rules and regulations. State and federal laws set specific requirements for some waterways. Make sure you know how to use the equipment you take along!

Share the water.

- **Be aware of other vessels on the water. It's often extremely difficult for power boaters to see kayaks and canoes. Do not assume that a power boater will see you.**
- **Power vessels often create a large wake as they slow down and the boat settles into the water. Large vessels produce both a bow and stern wake. Both are dangerous!**
- **If a vessel does not respond to your VHF radio call, call again. The vessel operator may not have heard you. Wave your paddle above your head to alert vessel operators of your presence.**