

Johnny Miller, LLC
518-424-3986
PO Box 1057
Saratoga Springs, NY 12866
jm@johnnymilleradventures.com

Safety First! Kayakers need to Learn and Prepare Before Heading Out on the Water.

Today, two thirds of the earth's surface is covered with water. Learning how to kayak will allow you to explore the world with each paddle stroke. Kayaking is fun, but your dream of an exciting kayaking adventure can turn into a misadventure, if you are unprepared or inexperienced for the conditions you are paddling. Wind, air temperature, currents, river levels and tides are constantly changing. Being prepared for these changing weather conditions will enable you to continue on your paddling expedition and return home safely with good memories.

Following is a checklist that will help you prepare for a safe and enjoyable day kayaking experience.

Basic Gear

- Kayak
- Paddle
- Skirt
- Personal Floatation Device (aka Life Jacket)

Proper Clothing - Dress in quick dry, synthetic layers appropriate for the weather. Cotton kills when wet and cold.

1. First Layer – Performance Wicking Base layer
 - Thin polypro top - (aka long underwear)
 - Thin polypro bottom
2. Second Layer – Insulating Mid layer
 - Fleece Top
 - Fleece Bottom
3. Third Layer - Wind Block/Splash Proof Outer layer
 - Drytop, splash top, gore tex jacket
 - Pants, shorts
4. Extremities
 - Feet: Closed toe sandals, booties, watershoes, socks
 - Head: Hat, visor
 - Hands: Neoprene gloves
5. Extras
 - Sunglasses
 - Sunblock
6. Safety Essentials - Put non-water resistant items in a small dry bag.
 - Water
 - Energy bar
 - Extra Clothes
 - First Aid
 - Knife

- Matches/Lighter/Fire Starter
- Whistle
- Cell Phone
- Headlamp/Flashlight
- Navigation Chart/Map
- Compass
- Bilge pump
- Paddlefloat
- Tow line

Remember

- Don't paddle alone.
- Tell someone where you are going.
- Check the weather, tides, water temperature.
- Research the destination before you go.

Learn to kayak at the third annual Hudson Valley Kayak Symposium this May 18-20 in Fishkill, NY. This three-day, all-inclusive adventure getaway and kayak instructional weekend is great for first time thru advancing kayakers to learn proper kayaking techniques and the associated gear. Specifically designed kayak instructional classes allow first time kayakers to learn about the sport from independent professional kayakers. By the end of the weekend, participants will be confident when purchasing their own kayak and equipment and have enough knowledge to plan their own fun and exciting on water adventures.

Some of the classes on the menu for the weekend are: Gear Up, Aquamotion, Kayak Rolling and Self and Assisted Rescues. After a full day of educational fun on the water, plenty of great food will be served in the cathedral-dining room in the main building, followed by adventure presentations and a campfire s'more social on the lakeside lawn. When the night's activities come to a close and the group of new paddlers is ready to retire for the night, on-site comfortable camp style cabins are a just up the hill for a quiet night of rest.

Johnny Miller, LLC and Hudson Valley Outfitters have teamed to present this premier event to those who are looking for a high level of service and kayak instruction. For more information on kayaking, check out johnnymilleradventures.com. For more information on the Hudson Valley Kayak Symposium, check out hudsonvalleykayaksymposium.com.