

KAYAKING

- Attend training – oceans and rivers differ
- Let someone know your route plans, exact location and approximate time of return
- Have at least 1 cell phone with emergency #'s (place in a waterproof container or bag)
- Start off in the calmer waters until comfortable
- Know the currents and Sea Conditions prior
- Ensure you have food and water (regardless of the trip length)
- Everyone **MUST** wear a PFD at all times
- Consider wearing a wetsuit
- Have first-aid kit, sunscreen, and signal device
- Check the weather forecast (sea and water conditions can change without notice)



MANDATORY to WEAR a PFD



<http://www.kadenaforcesupport.com/marina/index.html>

<http://padaloha.com/index.html>



KNOW BEFORE YOU GO

Sea Conditions

- ALL CLEAR
- CAUTION (SC-C)
- DANGER (SC-D)

Water Conditions

- High Tide
- Low Tide
- Currents

