

Kayak Day Trip Information and Suggested Supplies

- The weather on the coast can change quickly; be sure to dress in layers; include warm weather clothing as well as a jacket.
- We recommend bringing a hat, sunglasses and sunscreen. Even if it is not sunny you can still get sun burned through the fog.
- You will get at least a little wet. (you will be in a sit on top kayak and your bottom will get wet.) If you are comfortable wear a swim suit or clothing that is comfortable when wet. (we do not recommend jeans)
- Wear shoes/sandals that can get wet and have a heel strap. (Flip flops are not suitable for kayaking.)
- We also suggest you leave a set of dry clothes and towel in your car; it's always nice to drive home in dry clothes.
- Kayaking burns energy we suggest that you bring a water bottle and snacks.
- You may want to bring bug spray.
- All single kayakers need to be able to paddle on their own.
- We will provide the Kayak, paddle and one dry bag per boat.
- **Life Jackets are mandatory** and will be provided if you do not have one.
- It is important to be on time. If you are unable to make it please inform the C. V. Starr Community Center so that they can let us know. In order to receive a refund or credit you must notify the center 3 days prior to the trip.

Kayaks:

Single Kayaks can hold up to 325 lbs.

Double Kayaks can hold up to 400 lbs.

A person over 325lbs may use a double kayak as a single

Photographs:

The Center takes video or photographs of people enjoying our facilities and programs. Photographs may be used for promotional purposes and are used at the discretion of and become the property of the Center. Should you not want photographs of yourself or your child utilized for publication, please let our staff or your instructor know. Got a good photo? We are looking for photos of recreation programs and participants for the future guides. If you have photos that you would like to share with us, please email them to cwells@mcrpd.us. A photo credit will be given, so be sure to include your name and/or business. These photos and videos will also be share with the California Division of Boating and Waterways, so they can use them in their promotions.