

# experi<sup>re</sup>nts

AFFORDABLE | ACTIVE | ADVENTURES

Look at you! So adventurous, about to have a **TOTE**-ally fun day of paddleboarding!



In this guide, you will find:

- Kit contents list
- Set up instructions and How-To's
- Manufacturer's Instruction manual
- Cleaning instructions

You can also find all this (and more) on our Resource Page on the website, [www.ExperiRents.com](http://www.ExperiRents.com)

Have **SO MUCH FUN**. We can't wait to hear all about it!

-Jesse and the ExperiRents Team

P.S.   If you're sharing pics of your adventure to socials, be sure to tag [#ExperiRents](https://www.instagram.com/ExperiRents) so we can check out all of your insta-worthy moments!



## YOUR KIT CONTAINS

*(Please use this as your checklist when packing up to ensure all kit components are returned.)*



- One ROC inflatable paddleboard (SUP)
- One dual action pump
- One safety leash
- One detachable fin
- One valve wrench
- One 3 piece paddle with kayak attachment
- One dry bag
- One universal adult life vest
- Kit Guide and Instruction Manual

## YOU WILL NEED

- Swimwear/wet or dry suit/tight clothing (avoid anything loose or baggy)
- Towel
- Water shoes or waterproof sandals that stay securely on feet
- Someone with you to observe for safety
- Phone in provided water proof bag to call for help if needed

\*\*\*Paddleboard max weight 350lbs

\*\*\*Paddleboard not to be used by anyone under the age of 18.

\*\*\*Customer is responsible for ensuring appropriate fit/use of life vest.

## SAFETY FIRST

- **ALWAYS WEAR YOUR LIFE VEST WHEN IN OR NEAR THE WATER.** This is a condition of your rental agreement, not because we are bossy, but because we care about your safety. Going on a fun new adventure should always be fun AND safe!
- Wear bright colored clothing so you can easily be seen should rescue be necessary.
- Start by paddle boarding in more protected waters with calmer conditions. As you become more confident and skilled, you can start to paddle board in rougher areas. Remember it is always best to paddle into the waves, as opposed to away from them. Paddling into the waves will make it easier for you to maintain your balance and keep moving.
- Paddling parallel to waves is the most dangerous way to handle waves on a paddleboard. It becomes far more difficult to maintain balance if the waves are hitting the sides of the boards. Always be pointed at the waves when possible.
- Know the direction of the wind. Although it may seem like a minor detail, it's very important to know how the wind is blowing and to be aware of any possible sudden weather changes. Wind blowing in the direction you're paddling will help you, making your paddle less effort whereas if you are paddling against the wind, paddling can be twice as hard and lead to exhaustion, making it difficult to return to shore. A strong wind on your back, however, can push you further from shore than you plan, so use caution and respect the wind at all times. If it feels too windy, change course and stay close to shore. Off shore breezes can occasionally be strong and swiftly carry you out to a great depth.
- Know the strength and direction of the currents. Similar to wind, currents can play a major role in your ability to cover distance and hit your intended locations.
- If you fall off the board, use handle in center of board to climb back onto the board, and lie on your stomach to paddle to retrieve your paddle.

## SET UP INSTRUCTIONS

1. Unroll your paddleboard so that the standing deck (top) and air valve are facing up
2. Remove the valve cap and ensure that the pin is in the closed (up) position. To do so, simply press and twist the pin to to open and close the valve. Even though the valve is closed, air will flow IN, just not OUT.
3. Insert the pump hose into the air valve and twist clockwise. The fittings on the hose should lock and remain in place when positioned properly.
4. Placing the pump on a flat level surface, begin to pump the board with steady even strokes. Continue pumping until the pressure gauge on top of the pump reads between 10 and 15psi (0.7-1.0 bar). This process can take a good amount of effort so allow yourself brief rest periods as needed and pat yourself on the back for getting a little “pre-workout” in. 😊 NOTE: The board can appear inflated at approximately 3 PSI but the gauge may not read until about 5 PSI. Reminder- keep inflating until gauge reads between 10 and 15 PSI. DO NOT EXCEED 15 PSI (1.0 bar)
5. Using counterclockwise motion, twist the pump nozzle to remove the hose from the air valve. You will hear a small burst of air when you remove it- this is normal. Replace and secure the valve cap with a clockwise twist.
6. Flip the board upside down and slide the fin into the fin box on the bottom of the board. Once in place, use the provided clip to lock the fin by sliding it through the hole. \*Fin is not weight bearing so please don't stand on board on land once fin is in place.
7. Attach safety leash to the D-ring on the back of the board if it is not already in place. To do this, open the Velcro on the leash side that attaches to the board (not the side for your ankle). Remove the small string loop and pass it through the D-ring, doubling it back through itself and cinching down. Secure the leash by closing the Velcro around the loop.
8. Your paddle is designed to function both as a paddleboard AND kayak paddle. To prepare for paddleboarding, ensure only one paddle end is on and insert the SUP handle. Adjust paddle length by opening the flip-lock and sliding the inner portion to the desired setting. Lock paddle into place by pressing the flick-lock until it snaps into fitting. If paddle doesn't hold its position, open flip-lock and gently spin it clockwise before again clamping down.

# HOW TO PADDLEBOARD

- If this is your first time paddleboarding, go out on a day where the wind is low and water is flat

## To launch your paddle board:

- **Wade into knee-deep water.** So that the fin on your SUP doesn't get damaged, carry your board out into about knee-deep water before you set it down.
- **Start on your knees.** Hold the board by the edges and work your way onto the board in a kneeling position, just behind the center of the board (you can find the center by locating the carry handle).
- **Or, lie down.** If you're nervous about starting in a kneeling position on your board, you can begin by lying down on your belly and using your hands to paddle out, like a surfer. Stow your paddle by putting the blade under your chest with the power face ("spoon" side) against the board so that the shaft points diagonally up and toward the nose of the board.
- **Use your paddle.** When getting into a kneeling position, lay your paddle across your board so the blade touches the water to help stabilize the board.
- **Move away from obstacles.** Whether you're lying down or kneeling, paddle out so you're away from obstacles and in water that's deep enough that you won't hit anything if you fall in. If you are lying down, you can now work your way to your knees.

## To stand up on your paddle board, start from a kneeling position on your board then:

1. **Move one foot at a time.** Put your hands on the sides of the board to stabilize it and move one foot at a time to place your feet where your knees are.
2. **Weight your hands.** When moving from kneeling to standing, put the majority of your weight onto your hands so you'll feel more stable as you move your feet.
3. **Raise your chest and stand.** With your feet on the board, rather than standing up in one motion, start by raising your chest up while keeping your knees bent. Once your chest is vertical, extend your legs to stand up.
4. **Practice on land.** It can be helpful to practice standing up on land to get used to the movements without the instability of water. To do so, take the fin off your board and lay the board down on a soft surface, such as grass or sand. Lie down or kneel on the board and go through the motion of standing up.



## PRO TIPS

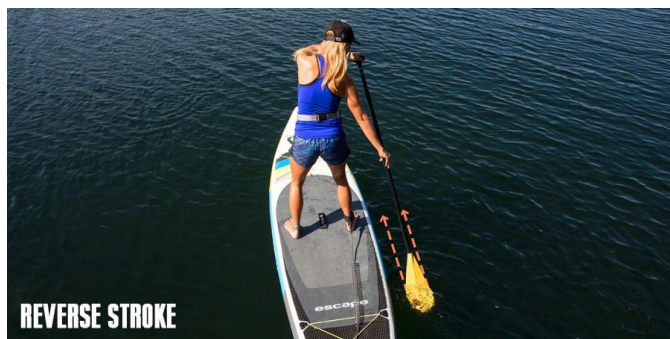
Once you're standing on your board, there are a handful of things you can do to help stay balanced.

- **Find the right stance.** Position your feet so they are parallel, about hip-width distance apart, and centered between the edges of the board. Keep your toes pointed forward, knees slightly bent and your back straight.
- **Use your hips.** Keep your head and shoulders steady and upright, and shift your weight by moving your hips. Let your lower body move independently of your upper body.
- **Look ahead.** Your gaze should be level at the horizon. Avoid staring at your feet or board.
- **Use your paddle.** Keep your paddle in the water as much as possible; it acts like an outrigger on a canoe to add stability.
- **Relax your feet.** It's totally normal to grip the board with your feet when you're feeling unstable, but doing so can lead to numb or tired feet. Focus on keeping your feet relaxed and not pressing them down into the board. Occasionally wiggle your toes and rock back and forth from heel to toe, or sit down on your board to give your feet a break.

## BASIC STROKES (📷cred: REI)



To move forward in water. Alternate sides to avoid turning.



Used to slow down, stop, or turn.



More advanced stroke useful for turning your board while standing still or moving.





Moves your boat to the side and is useful when you're trying to pull up alongside a dock or change course.

## CLEANING/PACKING INSTRUCTIONS

1. Detach the main fin by pressing down on the clip to remove, then sliding the fin out of it's base. Dry with towel and return to tote.
2. Remove the valve cap and press down on the pin to release pressure. Be sure to watch for debris that can be ejected upon release. Pressing and turning gently with your finger, the pin will lock in the open (down) position to release all the air. No tools are needed to deflate the board.
3. Once the air has been completely removed from the board, wipe both sides with towel to dry completely then begin rolling from the front and continue backward toward the valve.
4. Return valve stem to closed (up) position and replace valve cap when fully deflated and rolled.
5. Disassemble and dry the paddle, returning to tote.
6. Hang life vest to dry before returning to tote. If not fully dry at time of return, please leave damp life vest on top of tote rather than inside.
7. Double check Kit Contents List to ensure all kit components are in tote prior to return.
8. Give yourself a high-five for trying something new, getting some great exercise, and becoming a paddleboard pro!



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