


# A Beginner's Guide to Stand Up Paddle Boarding





## Are you interested in trying Stand-Up Paddle Boarding?

Stand up paddle boarding is one of the best water sports out there.



Check out this  
[‘Beginner's Guide to Stand Up Paddleboarding’](#)  
to get off to a great start and speed up your learning curve.

# Get the Right Gear

Here's what a beginner paddleboarder should invest in:



1.



A reliable stand-up paddleboard and paddle



Flashlight or headlamp if paddling at night



Water shoes or surf booties



Personal flotation device (aka, life jacket)



A pump if you're using an inflatable board



Leash



Rescue whistle



Carry bag



Dry bag



# Choose the Right Paddleboard

Get The Right Size  
Paddleboard For You



## Inflatable

The best thing about an inflatable paddleboard is the convenience- when it's deflated, it's very compact and can be taken with you wherever you go, even on an airplane!

Inflatable paddleboards also come with a softer deck which reduces fatigue and your chances of bumps and bruises if you fall.

These boards are made from military-grade materials, making them not just extremely durable and long-lasting but incredibly high performing and easy to use.

These boards can even be rolled up in a bag to place in your trunk when you go camping. If you like spontaneous trips there is no doubt that an inflatable SUP is something you should strongly consider.

## All-Around

An all-around paddleboard is an excellent option for beginners.

These boards are very stable and can handle most weather conditions. They're great for learning the basics and can be used for several activities.



## Flatwater

This type of paddleboard is best for those paddling in flat, tranquil waters and wanting to go long distances.

Many flatwater paddleboards come with a storage section where you can place your sleeping bag, tent, and other camping gear.

## Surf

If you live near the ocean or you're an avid surfer, consider investing in a surf paddleboard. These boards come in a wide range of sizes and are very easy to maneuver.

If you're new to paddleboarding, you should choose a long surf paddleboard. The more experienced you are, the shorter your board can be.

## Touring

These paddleboards are very similar to flatwater paddleboards, and they're primarily used for racing or long distances. This type of board is good at cutting through choppy water.

# How to Stand-Up Paddleboard

Here's what to keep in mind when paddleboarding for the first time:



3.



## Master Your Form to Paddle Correctly

To paddle correctly, you need to grip the paddle with one hand on the non-blade end on the top of the paddle and the other on the shaft.

Grip the paddle with your hands approximately shoulder-width apart. This will give you a more efficient and powerful stroke versus a shorter grip width.



## Launch Your Board

To launch your board correctly, walk into the water while carrying it by its center handle. Once you're about knee-deep, place the board on the water's surface.

Then, sit on the board with your knees, and once you feel ready, take a few paddles on each side and slowly stand up in the middle of the board.



## Balance

If you're struggling to find your balance, remember to keep your core engaged. Make sure your feet are parallel and hip-distance apart with a slight bend in your knee.

Also, while it can be tempting to look down, you should keep your head up and look straight in front of you.



# Safety First

With a couple of quick and easy precautions, you will make sure that you have an enjoyable adventure.



4.



## Always Wear a Personal Flotation Device (PFD) / Life Jacket

This speaks for itself and goes without saying for all water sports activities. Don't suffer a tragic accident by not wearing a life jacket.



## Always Use a Leash

By tethering yourself to the board with a leash, you won't become separated from your board or have it drift off if you fall. Even if you're an excellent paddleboarder, you should still tether yourself to the board.

There are many different types of leashes you can use to tether yourself to the paddleboard. You can choose between straight or coiled leashes and leashes that tie around your ankle versus ones that tie around your calf.



# Traveling with a Paddle Board (SUP)

There are a couple of different types of travel to consider with a paddle board.



**First,** we need to talk about how to transport your board once you get to your location.

To make it easier you can look into carrying straps or carts; both will make longer carries much more do-able.



## **Second, how to get your paddle board from your house to the lake, or what if you are going on a vacation?**

For a traditional paddle board you will need a car or truck rack. Make sure that you properly secure your paddle board.

Traditional paddle boards are very hard to travel with on commercial airline flights, so you may have to look into shipping the board ahead of time.

This can also be expensive and renting on site might be your best option... but now you don't get to use your preferred SUP.



The inflatable paddle board is becoming the preferred style amongst recreational paddle boarders.

Now you can throw it in your back seat or put it in the overhead bin on an airplane, bus, or train and literally take your adventure anywhere! If you travel, buying an inflatable paddle board is a no-brainer.

Inflatable paddle boards are now so durable, high performing, easy to use, and long lasting that they are becoming the overall preferred paddle board for most users.



## Are You Ready to Try Stand-Up Paddleboarding?

While you may be nervous at first, try to relax and enjoy the new challenge. Even if you struggle at first, just remember that everybody has a learning curve and even advanced paddleboarders fall.

Once you get the hang of it, it is similar to riding a bike in that you can pick it right back up.

Another great aspect of this great water sport is that you can enjoy whether you are at a beginner level or you can challenge yourself to take on wilder adventures.

Be prepared to thoroughly enjoy yourself while seeing the benefits of exercise, relaxation, and the comradery of friends.

[Click Here to View our selection of Paddle Boards](#)

Let us know if you have any questions or if you're looking to invest in a stand-up paddleboard



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