

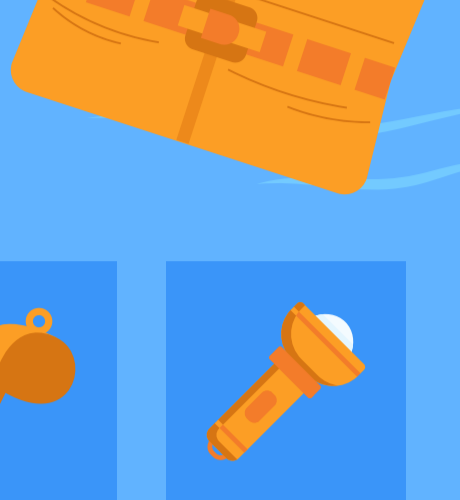
A Beginner's Guide to STAND UP PADDLE BOARDING



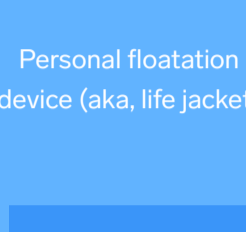
Inflatable paddleboards are becoming the most popular SUPs. They are easy to use, easy to store, and easy to transport. It's an affordable sport, the learning curve is small, and stand-up paddleboarding offers a wide array of health benefits. So, how do you get started with the sport? Check out this beginner's guide to learn everything you need to know about stand-up paddleboarding.

Get the Right Gear

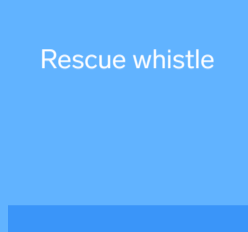
Before you hit the water, you will need to make sure that you have the right gear with you. The gear you need or prefer may change as your skill level does and will also vary according to the environment you're paddling in. Generally speaking though, here's what a beginner paddleboarder should invest in:



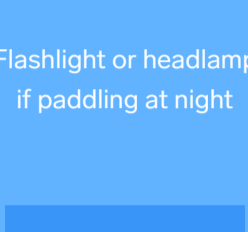
A reliable stand-up paddleboard and paddle



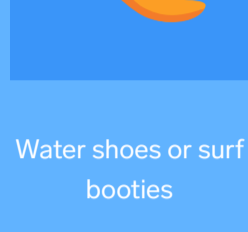
Personal flotation device (aka, life jacket)



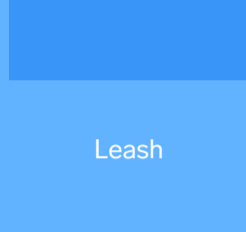
Rescue whistle



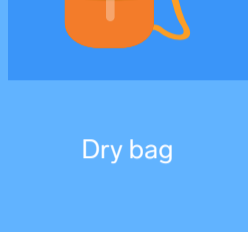
Flashlight or headlamp if paddling at night



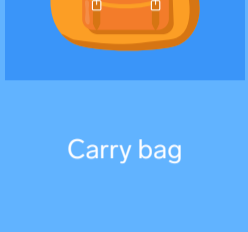
Water shoes or surf booties



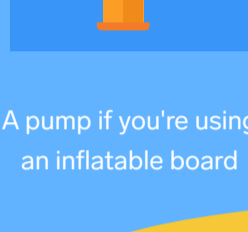
Leash



Dry bag



Carry bag



A pump if you're using an inflatable board



Also, you'll need the appropriate gear to protect yourself from the sun. We recommend wearing a rash guard or wetsuit top, a hat, and sunglasses. And, don't forget to apply plenty of sunscreen if you will be out on a sunny day and always bring a water bottle.

Choose the Right Paddleboard

The paddleboard is obviously the most important piece of equipment when stand-up paddleboarding. It's also going to be your biggest investment. This is why you want to be sure that you choose the right one.



All-Around

These boards are very stable and can handle most weather conditions- everything from small waves to choppy flat water. While they're not as agile and fast as other paddleboards, they're great for learning the basics and can be used for several activities.



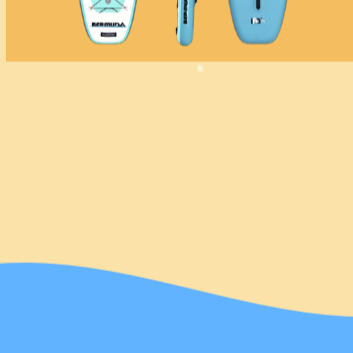
Flatwater

As the name suggests, this type of paddleboard is best for those paddling in flat, tranquil waters and wanting to go long distances. If you want to bring a paddleboard with you when you're camping that you can take out on the shoreline, this is a great option.



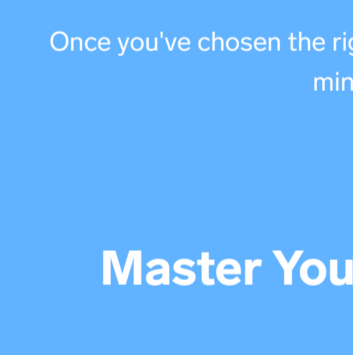
Surf

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 and ensuring you track efficiently and effectively.



Inflatable

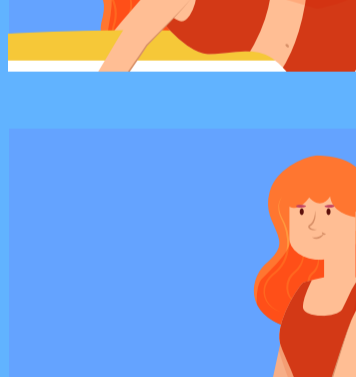
Inflatable paddleboards are also made from military-grade materials, making them not just extremely durable and long-lasting but incredibly high performing and easy to use. They can stand up to the toughest conditions and are becoming the preferred style over traditional paddleboards.

How to Stand-Up Paddleboard

Once you've chosen the right board, it's time to hit the open waters. Here's what to keep in mind when paddleboarding for the first time:

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.



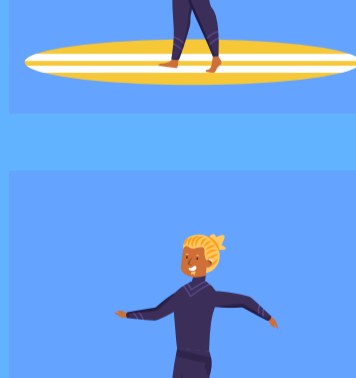
Launch Your Board

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.



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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.



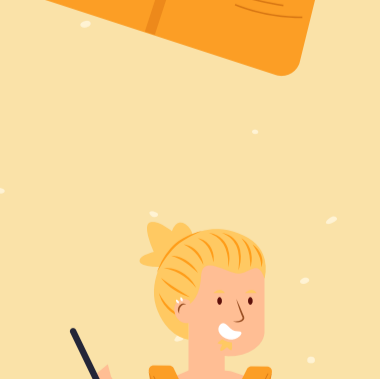
Safety First

The biggest thing you need to prioritize when stand-up paddleboarding is your safety. With a couple of quick and easy precautions, you will make sure that you have an enjoyable adventure.



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

Always Use a Leash



Traveling with a Paddle Board (SUP)

For a traditional paddle board you will need a car or truck rack to it to and from your destination if you are traveling by vehicle. These do not take too long to set up, but you will need to travel slightly slower and more carefully on highways and tight turns. 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.

With the advancement in technology with Inflatable SUPs they are quickly become the preferred paddle boarding choice. They are now high quality, high performing, easy to transport, easy to store, and are available in a variety of options to meet your need.

No matter what level of paddleboarder that you desire to be, you will quickly get the hang of it and you'll be paddling away. Be prepared to thoroughly enjoy yourself while seeing the benefits of exercise, relaxation, and the comradery of friends. Let us know if you have any questions or if you're looking to invest in a **stand-up paddleboard**, be sure to check out our selection.

Please contact us here.

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