

# The Top Kayaking Tips for Beginners

Are you interested in water sports, and getting ready to pursue kayaking? Kayaking is a great way to enjoy time with friends while getting some sun and exercise on the water. (Exercise isn't always fun, so when you find a great activity like kayaking to enjoy, it is a double-win!) If you're just getting started in the kayaking world, our kayaking guide for beginners is just what you need to hit the water smoothly. Keep reading to learn about the best kayaking tips for those just starting.



## While you are preparing for your kayaking trip you should answer these questions

- ✔ Can everyone swim on their own?
- ✔ Does everyone know the plan?
- ✔ Are we prepared for weather changes?
- ✔ Are we prepared for low light conditions?
- ✔ What are our emergency procedures?

Each of these questions could be life-saving before you set off into the water. If any of these questions are answered negatively, you might postpone or reevaluate your trip to keep everyone safe. It's not always a popular decision to cancel an adventure, but safety always comes first.

## Besides your essentials, there are more items you should strongly consider bringing to make your trip both easier and safer.

- ✔ River knife
- ✔ Spare paddle
- ✔ Self-rescue device
- ✔ Helmet
- ✔ Water and food
- ✔ Dry bag to hold necessities

Bringing the appropriate items on your kayaking trip will help your journey go smoothly. A well-prepared kayaker is safer and happier. When you follow the right kayaking tips and avoid common mistakes, your trip is sure to be successful.

## Before Setting Off



### Learn Rapid Safety 01

Rapid safety practices will help you make quick, possibly life-saving decisions while you are kayaking on white water rapids. If you are unfamiliar with rapid safety, now is the time to learn before your trip.

### Duct Tape 02

Bringing some duct tape is a pro-tip. Is your paddle shaft cracked? Use duct tape. Does your bag have a hole? Use Duct tape. Has your life jacket strap come un-sewn? Use duct tape. The product is incredibly versatile.



Are you  
ok? .....

### Know River Language 03

When you are on noisy white water rapids, river language comes in handy to communicate. Much like signaling to cars when riding a bike, river language uses paddle and hand gestures to help kayakers talk to each other.

### Get Waterproof Storage 04

Waterproof storage is extremely helpful when you are out on the water. Nothing is worse than a water-damaged smartphone or wet clothing after falling into the water.



### Dress for the Water 05

Even though it may seem that you'll stay dry, always dress for the water. If it's cold enough to wear a wetsuit, wear a wetsuit. If it's warm enough to wear a bikini, wear a bikini. Keep in mind not just the air temperature but find out what the water temperature is too.

### Stretch 06

It's helpful to stretch before and after kayaking. To ensure you have minimal aches and cramps for the rest of the day it's a good idea to stretch thoroughly before you get on the water. There are even some videos online that show you how to stretch specifically after kayaking.



## Once on the Water

When you're on the water, your trip has become the real deal. You should be ready for almost anything, and have everything you need for a successful trip due to the best kayaking tips.



Keep Alert



Don't Over Do It



Move With the Kayak



Stay in Contact

## Leaving the Water

Kayaking is a lot of fun, but eventually, you have to get out of the water. Believe it or not, there are tips for that too. It isn't as easy as it seems, there are a few things you should do before leaving the shore.



Re-Stretch and Loosen Up



Check Your Things



Dry Everything

Go out and paddle with our tips

## Go Out and Paddle with Our Kayaking Tips

If you follow these kayaking tips, your trip should go smoothly when you're ready to set out on the water. We want to provide you with the best kayaking experience, and that all starts with the perfect kayak.

More info at [SplashyMcFun.com](https://www.splashymcfun.com)

