CASUAL KAYAKERS

Casual Kayakers,

Looking forward to joining you for a safe, fun, and enjoyable day on the water!! ☺ How relaxing or energetic is up to you. Here are some things you need to consider and the information we need from you and your group.

Who will be in your group? You, your family, & your friends. We can transport kayaks for up to 13 adult guests, 2 or 3 solo youth/child paddlers, and a few child riders (depending on kayaks selected). We'll work with you.

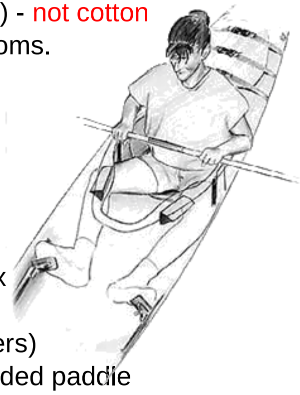
Picking a Location, Date & Time

- **Locations:** Paddle Planner lists several; if you know of another one or have a favorite, let us know. Currently, all locations are where we start & end. We hope to add trips with different start & end points in the future.
- **Dates:** Saturdays are usually best, but Sunday beginning around noon through early evening are also usually open. With prior coordination, some weekdays may be open as well. We'll work the schedule with you.
- **Times:** Most launch areas are open sunrise to sunset – so we work within that window. Earlier in the day usually has its benefits – 1) cooler temps, 2) calmer winds/smoother water, 3) less insect activity compared to early evenings, and 4) you have time to recover or continue on to other adventures later in the day.
- **Weather (Wx):** We'll make the Wx call together either the day prior or the morning of the scheduled paddle. Wx cancellation reasons include: Surf/Tide/Small Craft Warnings, constant rain; thunderstorms (any Wx w/ lighting); high winds (that can't be mitigated by local terrain); and excessive heat/dangerous heat/cold index.

Preparing for your day of paddling – Proper Planning Promotes Pleasurable Paddling (5 P's) ☺
While none of us expects to make a 'wet exit' from the kayak, know that anything you wear/bring in or on the trip could get wet, immersed, or sink. Reminder - You are in charge of your family/friends/children/riders during the trip.

Here is a list of personal items you need to wear/bring for yourself and each of your family members and friends:

- Water Clothing (**Bold** are a must)
    - **Water Shoes or sandals with heal strap** (Won't come off if you flip the boat or step in mud)
    - **Water Shorts/swim trunks** (comfortable, quick-drying, good for extended sitting) - not cotton
      Note leg position in diagram – avoid tight/too revealing shorts/swim trunks/bottoms.
    - **Water Shirt/Top** (quick drying, sleeved surf/kayak/swim shirt) - not cotton
    - Sunglasses w/ glasses strap
    - Sunhat (your ears and face can sunburn too), Cooling neck wrap or head band
    - Extra water shirt (long sleeved, in case you get chilled or get too much sun)
- Other
    - Sunscreen – recommend using a water-resistant, water-safe blend
    - Snacks – Other drinks (sport drink), trail mix, crackers, fruit in waterproof bag/box
    - Camera/Phone - in waterproof case
    - Additional Drinking Water - in an insulated container (avoid dark colored containers)
    - Lunch/more substantial snack – if we expect to be out over lunch or on an extended paddle



Other Notes: Depending on your boat, you'll have one or more closed storage compartments (usually fairly dry) plus whatever you put in the cockpit with you. The Junior Solo boats do not have built-in storage compartments.

What Casual Kayakers Provide

- Single or tandem kayak + a few youth and child solos kayaks and kayak essentials (on loan for your trip)
    - Paddle(s), paddle keeper(s), PFD (Personal Floatation Device, aka life vest/jacket) with whistle
    - Safety Kit (one per boat) and one or more Basic First Aid Kit(s)
- Accessories (on loan for your trip)
    - Full 22oz Water Bottle
    - Drybags (5&10L); small dry boxes (phone/keys)
    - Small Soft-sided cooler (with ice packs)
    - Glasses keeper straps
    - Sunscreen
    - Tethers for hat or small/light items
    - Key/phone floats
- Additional accessories available for rent (Additional water bottles, soft-sided coolers, and towed coolers)

Safety – Our #1 priority!

Fill out the Paddle Planner Excel file (directions on next page), **Fill out a Paddler Profile Sheet for each participant.** Save and submit or send all files to Paddle@Casual-kayakers.com

Filling out the Paddle Planner

Overview - Open the Excel spreadsheet – look over the Location Tab, then move to the Register Tab.

- **Colors:** White areas are for you to fill in; Black text headers are text fields; blue text indicate drop down menus.
- **Yellow**, **Orange,** & **Green** areas and text are headings or auto-calculated fields.

Pick Type of trip in the Title. Kayak Tour – see the sights; Kayak Demo – try out different kayaks; Combined Kayak Demo/Tour – try out different 'yaks and tour the area for a longer test paddle.

Pick a launch location, preferred date, start and end time. There are no perfect locations; some are better.

- The locations listed are launch areas we have surveyed, but if you have a favorite or a different suggested location, please let us know and we'll research, consider, and discuss.
- **Start time** will be when we meet at the launch location. We'll do a quick intro; fit the yaks, PFDs, & paddles to each paddler; and do a trip plan/safety brief prior to getting on the water. **Pre-launch** can take less than 30 minutes to over an hour depending on the group and number of kayaks.
- **End time** is the time you and yours want to drive away from the launch location after helping repack.

Fill out your contact and **Emergency contact** information. The Emergency contact will only be used if necessary.

Enter each paddler's name and information by category (Adult Paddlers, Youth/Child Solo Paddlers, & Riders)

- Provide an approximation of each Adult kayakers experience using the drop down. Provides us useful insight.
- **Fill out one Paddler Profile** (Separate file) for each participant.

Personal Floatation Device (PDF) (AKA life vests). One per person, mandatory wear.
Mouseover Red Cells to see inventory of PFDs and available sizes.

- If you have PDF(s) that fit well, is/are in good condition, and allows sufficient arm/shoulder movement to paddle comfortably, please let us know and bring them; we will confirm the usability/condition prior to trip start.
- Adults/Teens/Some Pre-teens - Height, chest circumference, & gender determine your PFD (Adult 2XS-3XL).
- Children – Weight (PFD size, lbs): 15-30 (Infant/Toddler), 30-50 (Child), 50-90 (Youth), 90 to 120 (Teen/Small Adult).

Pick a kayak for each person. Teens or larger pre-teens are considered adults for our purposes (~90-120 lbs +).
Mouseover the Red Cells to see pictures and information on our kayaks by category.

- Pick the adult 'yaks first (the "Rider" kayak list only includes boats selected for the Adult paddlers)
  - 1 Adult per boat except the Pamlico 145T and Tarpon 135T. Please note maximum load
  - The Pamlico 145T and Tarpon 135T tandem kayaks carry 1 or 2 adults/teens plus a child (center spot); or 1 adult and up to 2 youths/children (front seat and center spot).
  - For sit-in kayaks, please note the cockpit opening size, as some cockpits are very snug.
  - For small/petite adult (<125 lbs) a Pakayak, Aspire 105, or Heron 9XT (Youth Kayak) are good options.
- For any Youth/Child solo boat, you must identify in advance the adult that will tow them if/when needed.
- For Youth/Child Rider/Helper picking their kayak will determine who they ride with (at least initially)
- Please note if someone in your group needs assistive equipment. We have selected gear to allow them to join in.

Bring Your Own Equipment Options: If have (& want to use) your own kayak(s), canoe(s) and/or gear, fill in those sections. "Yes" in the dropdown will display the appropriate fields. Casual Kayakers reserves the right to inspect/approve the gear prior to launch. We also may have questions prior to the trip. We have loaner pads, straps, & tie downs.

Save your Paddle Planner and **Paddler Profile** sheets when completed and send to us. ☺

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While not addressed in the paddle plan, here's some additional things to be aware of.

Paddles - A variety of paddles are available. We'll determine the paddle for each kayaker based on the boat selected, paddler size, and the group composition.

- Paddle inventory includes: bent-shaft paddles, straight shaft paddles, variable length paddles, small-diameter paddles, youth/child paddles, and Kayak-SUP convertible paddles.
- If anyone has a specific paddle requirement/desire describe that in the notes section for their boat selection

Expectations – Kayaking is a physical activity. While we're doing this to have fun on the water; each paddler is expected to stay safe, command their boat, follow directions, help the group, and assist moving gear to and from the water.

- If you have and wish to use your own boats and gear, Casual Kayaker's safety rules (wearing your PFD, sticking with the group, etc.) and guidance will be followed while on a Casual Kayakers' trip.

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Logistics – 13 Adult Kayakers + 2 or 3 Kid 'yaks - We can transport the guide's yak plus up to 7 regular (solid-hull) kayaks and 3 Pakayaks (10 total) plus two or three Kids boats (depending on loadout). That is your guide plus up to 13 adults (11+ must include the one or more tandem yaks) with a number of youth/children based upon the boats selected.