

Kayaking

Equipment:

Recommended -- If you don't have these things, don't worry, but if you can bring them – great!

- Shoes and socks you don't mind getting wet and that won't fall off (no flip flops)
- Quick drying non-cotton pants or shorts
- Polyester long underwear top
- Fleece jacket for warmth
- Sun hat, sun glasses, sun screen

Requirements:

- You must weigh less than 250 lbs.
- You must be able to breathe independently.
- You must be able to hold your head upright independently.
- In the unlikely event of capsizing, you must be able to keep yourself in a floating position with your face out of the water. You will be wearing a PFD.

- You must be registered for NO BARRIERS FESTIVAL.
- You must submit **signed Environmental Traveling Companions Release and Health forms** when you sign up for Clinic.

- Sessions are limited to 16 participants.

Environmental Traveling Companions reserves the right to determine suitability for kayaking on a case by case basis.