

Warning

Kayaking can be dangerous and tough on the body.

TAKE A CLASS... Learn more about first aid and safety.

GET THE GEAR... Carry a first aid kit and other safety equipment.

WEAR IT... Get an approved personal flotation device and, where necessary, a helmet.

DON'T BE CHEAP... Check your gear and replace if it's worn or damaged.

STAY WARM... Dress for changing weather to avoid hypothermia.

WALK IT... Don't paddle anything above your ability or without scouting first.

GET A FRIEND... Don't paddle alone, ever.

JUST SAY NO... Don't use drugs or alcohol around water.

GET IN, GET OUT... Check the outfitting to make sure you can enter and exit freely.

GO TO THE DOC... If kayaking is ok with her, it's ok with us.

DON'T DO ANYTHING STUPID... Enough said!

Realize that kayaking can be dangerous, or even deadly. Only you can be responsible for your decisions and actions. Paddle safely.

(Text lifted from Liquidlogic kayaks owners manual.)