

Thank you for paddling with *Catskill Mountain Wild* --  
Here are some things you need to know.

### What to wear

Your Personal Floatation Device (PFD) Provided by Catskill Mountain Wild  
Clothing That Can Get Wet -- avoid cotton; synthetic materials will dry faster  
Hats and Sunglasses - will protect you from the sun  
Crocs, Flip Flops, Sandals or Water Shoes  
If You Wear Glasses, Consider a Draw String

### What to bring

Drinking Water- The more the better. Please no glass containers  
Snacks and a Bagged Lunch - depending on time of paddle  
Camera, Phone, Etc. (Don't forget a dry storage bag)  
Sunblock, Bug Spray, Chapstick  
Towel  
Rain Jacket/Poncho  
\*Consider an extra set of clothing in the car  
\*Pack items in waterproof bags

### Please always keep the following in mind

Always remember, safety first  
Always be aware of your surroundings  
Be helpful to others  
Do not tie yourself or pets to the canoe  
No littering. Pack out all of your garbage and belongings  
HAVE FUN!

### Special Considerations for *Pub Paddles*

Please drink responsibly - Know your limits  
Limit to one drink at each establishment  
Your guide has the right to stop the Pub Paddle at any time