

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, sunglasses, sunblock - 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 towel, cushion or pad to sit on -- canoe seats can be uncomfortable for some.

\*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!