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

What to wear
Your Personal Floatation Device (PFD) Provided by Catkill 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