

Safety recommendations

You and your group	Weather and conditions	Equipment
<ul style="list-style-type: none"> • You are solely responsible for what happens on the journey • Have your insurance up to date • Beware of your physical and psychological abilities • Consider your assets and limitations • Paddling alone increases risk and therefore demands greater personal knowledge 	<ul style="list-style-type: none"> • Check the weather forecast • Consider both weather and your abilities when choosing a route • Avoid shipping lanes • Beware of other traffic and realise you're the smallest vessel out there • Cold water and wind can cause hypothermia • Protect yourself from the sun and from dehydration 	<ul style="list-style-type: none"> • Have your PFD on while on the water • Bring a cellphone and pack it watertight • Wear visible and suitable clothes • Pack some warm and dry clothes • Bring snacks • Get used to the kayak and other safety gear

- Ask your rental for advice if you have questions
- If you feel unsure we recommend a course or to rent a guide.
- Practise and become a greater asset for your group at the same time as your playground broadens.

Have a nice tour!