



Wood-Pawcatuck Watershed Association

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WPWA Kayaking Programs

What to wear:

- Closed-toe shoes that stay securely on your feet. Water shoes are best but old sneakers work just fine. Expect to get these shoes wet. Sandals that are securely strapped on are acceptable. Flip flops tend to come off and get lost.
- Nylon long pants if the weather is cool, or nylon shorts if the weather is warm. Bathing suits or cotton shorts are ok in hot weather.
- Short sleeve shirt in warm weather, long sleeve nylon shirt in cool weather.

Recommended to bring:

- Brimmed hat
- Sun glasses
- Sun screen
- Bug repellent
- Water bottle for the boat
- Emergency medicine if you have allergies or asthma
- Nylon jacket for cool weather
- Extra change of clothes, especially if you are wearing cotton in the boat.
- Towel
- Lunch or snacks for after

What to expect:

- Expect that anything you wear or take into the boat will get wet.
- Expect to listen carefully to and follow all instructions.
- Expect to see a beautiful river full of plants, flowers, and wildlife.
- Expect to have fun.