

Endless Summer

PADDLE COMPANY

What to Bring with you:

- ***Clothing that can get wet***
 - Whether or not you plan on getting in the water, wear clothing that can get wet (swim suits, rash guards, water resistant clothing, etc.)
 - Do you burn easily? If so, consider purchasing SPF protective clothing.
- ***Water bottle***
 - It gets hot out there. Not only do we recommend bringing a water bottle, our favorite trick is putting ice in the bottle to keep your water cool throughout the paddle!
- ***Water shoes***
 - Although you can paddle without any shoes, we do recommend bringing along some shoes that can get wet to aid in putting the boards into and getting out of the water because these are often rocky shores. Flip-flops will do the trick!
- ***Sunscreen***
 - Early and often!
- ***Hat/Sunglasses/sunglass strap***
 - Sunglasses or hats are highly recommended to make your paddle experience as enjoyable as possible. Since nothing puts a damper on a great day like losing your favorite sunglasses to the depths of Taylorsville Lake, we also recommend investing in a sunglass strap. You can find sunglass straps at most sporting goods stores or even Walmart.
- ***Cell phone waterproof case***
 - Our first recommendation would be to leave your cell phones in the car, those facebook status updates can wait! However, we understand that some circumstances don't allow for that, in which case, we also recommend purchasing a waterproof cell phone case to protect your beloved device! This is also recommended for those interested in taking a lot of photos out on the water.
- ***Waterproof watch***
 - Although you don't need a watch on the water (it's a great opportunity to let go of life's day-to-day distractions) if you want one you will want to make sure it is waterproof!
- ***Snack***
 - A snack is a good idea if you are planning on doing a longer paddle, skipping a meal, or participating in the 3-hour Basic SUP + Yoga Immersion.