# Stand-Up Paddle-Board (SUP)



#### What to bring:

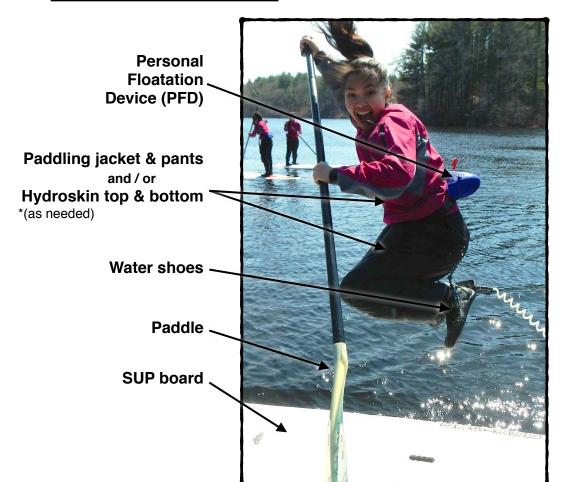
- ☐Bathing suit
- □Towel
- □ Change of clothes (warm)
- □Rain jacket
- □ Water (32oz +)
- ☐ High energy snacks
- □Extra cash
- □Bugspray / sunscreen

#### What to tell our staff:

- ☐ Shirt & pant size (S/M/L/XL)
- ☐Shoe size

### **Provided Gear**

## Personal Gear



Swim-wear

**Towel** 

**Change of clothes** 

(warm layers)

