



Perpetuating The Hawaiian Culture One Keiki At A Time™

## What To Bring To Your Paddle Orientation

Aloha	Please bring your "Aloha" spirit. Uncle won't let you in the wa'a without it!
Release of Liability Waiver	Please bring a completed and signed Release of Liability Waiver. One is available on our website where you found this.
Extra clothes	Always bring a towel and a change of clothes in case you get cold after paddling, or in case we huli. There is public restroom and shower nearby you can rinse off at. Ask Uncle where it is located if you don't know. A sweatshirt is also always recommended to have on hand.
Paddle	A paddle will be provided for you.
Hydration	It's important to stay hydrated. Please be sure to drink at least one bottle of water before your class. Also, please bring a few bottles of water with you so you may stay hydrated.
Food	Eating a healthy breakfast a couple of hours before a class is a good idea.
Hat & Sunscreen	Bring sunscreen with you. SPF 30+ is fine. Don't forget to apply it liberally on exposed parts of your body before paddling. Also bring a hat if you are comfortable wearing one.
Shorts	Board shorts are recommended since they dry fairly quick.
Shirts	We recommend a rash guard or other quick drying material. We don't recommend cotton as it wicks water and doesn't dry fast. It will also weigh you down should you end up in the water.
Slippaz / Shoes	Most of us paddle barefoot as it allows you to "feel" da wa'a with your feet. However, you are welcome to wear aqua shoes. We recommend that you wear slippaz and remove them when entering the canoe.

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