



Sea Sherpa

KAYAK

WELCOME ABOARD!

If you have signed up for a class or tour **please read through this material carefully.**

Participants on paddles are expected to show up prepared and refunds cannot be issued based on not having read this page.

WHAT SHOULD I BRING?

Feel free to bring extra layers. You will be supplied with a dry bag.

We will supply everything you need for on the water. You should bring the following:

- *an old pair of sneakers or water shoes (no open toe sandals)*
- *sunscreen*
- *sunglasses*
- *sun hat or baseball hat*
- *a pair of non-cotton shorts or bathing suit that you can get wet*
- *a thin, non cotton thermal or running shirt (if you have one)*
- *a rain coat*
- *water and a snack (energy bar) for half day classes*
more water and a lunch for full day classes
- *a towel and dry clothes to change into after the event*

If it's early or late season or otherwise cold please add the following:

- *a fleece, synthetic or wool cap*
- *fleece, synthetic or wool socks that fit in your shoes*
- *fleece, synthetic or wool gloves*
- *a fleece, synthetic or wool sweater*
- *fleece, synthetic or wool sweat pants or running tights*
- *a thermos of warm tea or soup (we can supply if requested)*

Avoid cotton in the cold weather and cold water. Once wet it - it stays wet and very effectively keeps you cold even if it's hot out.

We will have some spare clothes to fill in the blanks but please bring what you can.

You should assume that you will get wet!

INFO WE NEED FROM YOU?

We will need an email confirmation of intent to participate in an event. Please include your name(s). Also send your weight, height and a brief description of your paddling experience (if any) so we can outfit you with appropriate gear. Include your cell phone# so we can contact you with any last minute issues. In turn, we'll send you a confirmation email that will include your instructor's contact info.

WHERE, WHEN AND HOW MUCH IS AN EVENT? ANY PREREQUISITES?

You will find these answers and more on the Calendar Page. Click on any given event and a window of information will pop up. We accept cash or checks and can email a form to pre-pay through Pay Pal if requested. Private or group events may be required to pre-pay.

AGE RESTRICTIONS?

Sea kayaking is appropriate for a huge age range. If a participant is under 14 or over 70 please contact Sea Sherpa. Participants 18 and under will need to have a signed guardian release form (we can email) and youth under 16 should be accompanied by an adult unless otherwise arranged.

HEALTH RESTRICTIONS?

Sea kayaking is a physical activity that requires certain capacities to be enjoyable and safe. Medical issues that may effect your participation in a given event include but are not limited to high blood pressure, history of back pain, history of joint pain, being diabetic or hypoglycemic, shortness of breath, asthma, being deaf or blind, etc... If you have a condition that could effect your participation, please contact Sea Sherpa prior to the event to discuss your options. **All medical history disclosure will be treated as strictly confidential.**

CANCELLATION POLICIES?

We will run most tours and classes rain or shine. Cancellations are made at the sole discretion of the guide. Reasons for pulling the plug include but are not limited to very wet, cold windy weather, high likelihood of lightning and low participant sign-up. Arrival at launch location more than fifteen minutes after class begins may result in that participant being cancelled from the event. Partially completed events will be either made up or reimbursed at Sea Sherpa's discretion. If you cancel from a paddle, it is up to Sea Sherpa as to whether you will be charged in part, in full or given credit to a later event. We are fair about this policy but must protect ourselves from frivolous cancellation which, in the past, have included hangovers, laziness, forgotten TV sports events, big breakfasts, bad attitudes, etc...