

Intro to Kayaking

Kick off your kayaking adventure with a fun and informative session! We'll start with a hands-on, land-based introduction to boats, paddles, and essential gear, giving you the confidence to hit the water. After about an hour, you'll hop into a kayak, and spend the rest of the lesson working on kayak strokes and enjoying the experience.

Course Overview

Course Length:

3 hours

Prerequisites: None

Course Topics

What We Provide

Participants will be provided with the following Transport Canada-required gear:

- Kayak
- Paddle
- Lifejacket with whistle
- Throw bag
- Bailing device

If you have your own life jacket, we recommend bringing it for a better fit and increased comfort.

What to Wear

- Quick-dry clothing (avoid jeans or cotton); dress similarly to what you would wear for jogging or biking
- Appropriate clothing for weather conditions
- Water shoes or sandals that secure to your feet and provide traction on rocky beaches or boat ramps (flip-flops are not recommended)
- **Expect to wade up to your knees when launching & landing.**

What to Bring

- A light jacket (for cooler weather)
- A hat
- Sunscreen

- A water bottle
- A change of clothes (leave them in your car for after class)

Where to Meet

Location: Your lesson will start on the grass under the big tree at Comox Valley Kayaks; you can gather where you see a bunch of kayaks laid out on the grass for the lesson. There are washrooms available at the boat ramp area.

Please arrive **10 to 15 minutes early** to allow time for parking and to complete a liability waiver.

Contact Information

For further questions, please email: lessonstours@comoxvalleykayaks.com
For urgent inquiries, please call or text **Viki @ (306) 230-4030** (text preferred).

We look forward to seeing you on the water!